



4110 Briargate Parkway, Suite 200  
Colorado Springs, CO 80920  
[www.jointandspineasc.com](http://www.jointandspineasc.com)  
**Phone: 719.282.8888**

Welcome to The Orthopaedic and Spine Center of Southern Colorado. Information about our Surgery Center, how to prepare for your procedure, and our contact information can also be found on our website. Please visit our website at: [www.jointandspineasc.com](http://www.jointandspineasc.com).

- Registration personnel from The Orthopaedic and Spine Center of Southern Colorado may call to review your insurance information. You may call directly at 719.282.888 if that is more convenient.
- Should you choose to receive sedation for the procedure, it is **required** that a responsible adult over the age of 18 accompany you. **You may not drive for 24 hours following the procedure** and you must have a responsible adult over the age of 18 remain with you for 24 hours following the procedure. Please tell your accompanying party that they need to be available as soon as you are ready for discharge, they should not make any other appointments on the day of your procedure.
- Call your doctor's office if you develop a cold, sore throat, fever or any other illness that occurs within 48 hours of your surgery.

#### **DIETARY RESTRICTIONS:**

**The following instructions are very important for your safety. If you do not follow these instructions, your procedure may be cancelled or delayed.**

- **Do not eat or drink anything six (6) hours before your procedure.**
- If you are **NOT** receiving any sedation, there are no dietary restrictions.
- Brush your teeth, rinse and spit without swallowing the water.

#### **WHAT TO BRING:**

- ☐ Bring your insurance card, a photo ID and payment (if applicable)
- ☐ Bring a case for glasses and dentures.
- ☐ Bring your inhaler if you have asthma, COPD or any other condition that requires you use one

#### **ADDITIONAL INSTRUCTIONS:**

- ☐ Do NOT take any medications containing NSAIDs (Aspirin, Ibuprofen, Advil, Motrin, Naproxen, Aleve, Mobic), Fish Oil, Vitamin E, Omega Fatty Acids, CO-Q-10, herbs, or weight loss supplements for seven (7) days prior to your procedure. If you have taken them, please contact your surgeon right away.
- ☐ If you take any blood thinning medications for your heart such as Aspirin, Coumadin, Plavix or Xarelto, please contact your cardiologist or primary care physician for guidance regarding when you should stop taking these medications.
- ☐ Continue taking all your prescription medications, even the morning of the procedure, unless otherwise directed.
- ☐ Remove all jewelry and piercings
- ☐ Leave ALL jewelry and valuables at home. The Center is not responsible for valuables.
- ☐ Wear loose fitting comfortable clothing such as elastic waist pants and loose t-shirt.
- ☐ If you think you may be pregnant, please call the surgery center right away at 719.282.8888



## **DRIVING DIRECTIONS:**

- Our address is 4110 Briargate Parkway, Suite 200, Colorado Springs, CO 80920
- From the North: Take I-25 South, take exit 151 toward Briargate Parkway. Merge onto Briargate Parkway, make a left on Memorial Hospital Drive. The facility will be on the left.
- From the South: Take I-25 North, take exit 151 toward Briargate Parkway. Merge onto Briargate Parkway, make a left on Memorial Hospital Drive. The facility will be on the left.
- From Powers: Take powers, exit at 151 toward Briargate Parkway, head west, turn right on Memorial Hospital Drive. The facility will be on the left.

The Orthopaedic and Spine Center of Southern Colorado does not discriminate on the basis of race, color, national origin, age, or disability; in admission of, access to, treatment, or employment in, its programs and activities.

To obtain information about Advanced Medical Directives, please see our website at [www.jointandspineasc.com](http://www.jointandspineasc.com) and click on the "Advanced Directive" icon or call Colorado Healthcare at 1-800-658-8898