

You have a procedure scheduled with <<Next Appt Provider Name>> at:

- The Orthopaedic Center of the Rockies Surgery Center** – 2500 Prospect Road, Fort Collins, CO 80524 (970) 493-0112
- Harmony Surgery Center** –Urgent Care Entrance 2nd floor- 2127 E. Harmony Road, Suite #200, Fort Collins, CO 80528 (970) 297-6300
- Front Range Pain Medicine - Greeley Office** - 6200 W. 9th St., #5, Greeley, CO 80634 (970) 495-0506 Fort Collins Office. Day of appointment only 970-573-5144
- Arete'** - 4397 Ronald Reagan Blvd., Johnstown, CO 80534 (970) 663-3200
- Estes Park Medical Center** - 555 Prospect Ave. Estes Park, CO 80517 (970)586-2317)
- Skyline Surgery Center** - 2555 E. 13th Street, #200, Loveland, CO 80537 (970)461-6200

<b>APPOINTMENT DATE:</b> per scheduler <b>CHECK IN TIME:</b> per scheduler
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**PRE-OP INSTRUCTIONS:**

- PROCEDURES SCHEDULED IN THE MORNING – nothing to eat or drink after midnight
- PROCEDURES SCHEDULED IN THE AFTERNOON – no food eight (8) hours prior to your procedure – you may drink clear liquids up to four (4) hours prior to your procedure.
- **NO** Aspirin, Ibuprofen, Aleve, Advil, Omega 3 fish oils, multi-vitamins and vitamin E products seven (7) days prior to your procedure. If you are on Coumadin or Plavix see special precautions below.\*
- You may take Tylenol if needed for pain control.
- Please wear loose, casual clothing.
  - \* **IF YOU ARE ON A BLOOD THINNER**  
(i.e. Coumadin, Pradaxa, Eliquis, Xeralto, Plavix, Effient, Brilanta, Aggrenox)  
You **MUST** have permission from the prescribing doctor to discontinue that medication for five (5) days prior to your procedure or as directed by your physician.
  - \* **IF IT IS OK FOR YOU TO DISCONTINUE YOUR COUMADIN**  
You will need to have your labs drawn the morning of your procedure. You will also **hand deliver** your results to the surgery center upon checking in.
- **YOU MUST ARRANGE FOR A RIDE HOME IN ADVANCE!** You will not be permitted to drive, walk or take a cab home. You cannot leave the facility alone. If you do not have a ride home with a responsible, capable adult your procedure will be canceled.
- PLEASE BRING A LIST OF ALL MEDICATIONS AND SUPPLEMENTS THAT YOU ARE TAKING ALONG WITH ANY ALLERGIES. Lastly, you need to bring insurance information with you to the surgery center so the correct insurance will be billed. You will receive a bill from the surgery center as well as Front Range Pain Medicine. Please bring your photo ID and insurance card.
- The surgery centers will not be responsible for personal items. Please leave valuables at home.
- You will receive an automated reminder call the night before your appointment.

If you have any questions please feel free to contact our scheduling coordinators at (970) 495-0506 x.17

**\*\*An office follow up visit may be required prior to scheduling a repeat procedure. \*\***

**YOUR FOLLOW UP APPOINTMENT IS:**