



**PORT JEFFERSON SURGERY CENTER, LLC**  
1500 Route-112 Building 3, Port Jefferson Station, NY 11776  
Hours of Operation: 7am-5pm, Monday-Friday  
Phone (Main): (631) 828-5555  
Pre-Registration/Reception: (631) 828-5555 ext. 301 and ext. 302  
[www.portjeffsc.com](http://www.portjeffsc.com)

## Pre-Admission Instructions for Pain Management

### Patients

- **If you ARE having conscious sedation**, do not eat anything 6 hours prior to your arrival time, or drink anything (including water) 3 hours prior to your arrival time.
- **If you ARE having conscious sedation, a responsible adult must accompany** you to Port Jefferson Surgery Center and be available to both drive you home and stay with you the rest of the day. You may not take a taxi, bus or any form of public transportation home by yourself – you may do so only if you have a responsible adult with you.
- **If you are NOT having conscious sedation**, there are no eating or drinking restrictions. You may drive yourself home.
- **If you are having a low back injection**, wear loose fitting elastic waist pants. Do not wear jeans or any pants with metal around your waist area. Remove belly piercings.
- **If you are having a neck injection**, do not wear any metal earrings or necklaces.
- If you have a **latex allergy** or if you think you **may be pregnant**, please call Port Jefferson Surgery Center as soon as possible at (631) 828-5555.
- **Do not take Metformin (Glucophage)** the day before, the day of, or the day after your procedure.
- **Do not take aspirin, vitamin E, Fish Oil or Omega Fatty Acids for 7 days** prior to your procedure. If you have taken any of these, please inform your physician as soon as possible
- **Do not take NSAIDS** (non-steroidal anti-inflammatory drugs) like Ibuprofen or Aleve **for 3 days** prior to your procedure. If you have taken any of these, please inform your physician as soon as possible.
- **If you take blood thinning medications for your heart**, like Aspirin, Coumadin or Plavix, contact your physician and cardiologist for guidance regarding how long you should stop your medication prior to your procedure.



**PORT JEFFERSON SURGERY CENTER, LLC**

1500 Route-112 Building 3, Port Jefferson Station, NY 11776

Hours of Operation: 7am-5pm, Monday-Friday

Phone (Main): (631) 828-5555

Pre-Registration/Reception: (631) 828-5555 ext. 301 and ext. 302

[www.portjeffsc.com](http://www.portjeffsc.com)

- **Continue taking all your prescription medications**, even the morning of your procedure, unless otherwise directed. If you are still not sure what to do about any medications, refer to your packet or call the physician's office.
- **Bring a photo ID** (minors do not need ID, but primary insured party does need to bring theirs), **your insurance card** (if appropriate), and your **form of payment** (if required).
- **If you have any questions regarding your procedure, please contact your physician's office or Port Jefferson Surgery Center at (631) 828-5555.**