

Directions to Brookwood Medical Center

Coming from the South on I-65, from Shelby County:

Go North and exit on Lakeshore Drive, which is EXIT 255
Go right on Lakeshore Dr. for 2.4 miles, and exit on to HWY 31 South
Take the Brookwood Medical Center ramp, which is the first ramp, and follow the signs

Coming from the South on U.S. 280, from Shelby County:

Go North 2.8 miles past I-459 interchange and exit on Alabama HWY 149,
Shades Creek Pkwy
Go left on Shades Creek Pkwy for one-half mile, & turn left at the light in front of Shell Station
This is Brookwood Boulevard
Proceed up the hill to the 4-way stop sign
Turn right, and the hospital will be on your right

Coming from the North on I-65, from Cullman and North Jefferson Counties:

Go South and exit on Lakeshore Dr, which is EXIT 255
Go left on Lakeshore Dr for 2.4 miles, and exit on to HWY 31 South
Take the Brookwood Medical Center ramp, which is the first ramp, and follow the signs

Coming from the East on I-20, from Leeds, Pell City, and St. Clair County:

Go left, and exit on I-65 South
Go 5.2 miles and exit Lakeshore Dr, which is EXIT 255
Go left on Lakeshore Dr. for 2.4 miles, and exit on to HWY 31 South
Take the Brookwood Medical Center ramp, which is the first ramp, and follow the signs

Coming from the West on I-59, from Tuscaloosa, Hueytown, and Bessemer:

Go right and exit on I-65 South.
Go 5.2 miles and exit Lakeshore Dr, which is EXIT 255
Go left on Lakeshore Dr. for 2.4 miles, and exit on to HWY 31 South
Take the Brookwood Medical Center ramp, which is the first ramp, and follow the signs

Medications to Avoid Before Surgery

- Two weeks (14 days) prior to your surgical date, do NOT take aspirin or any medication containing aspirin. Aspirin causes an abnormality of blood clotting. This effect causes excessive bleeding at the time of surgery.
- **TYLENOL may be used for pain.**
- *If a smoker, reduce the number of cigarettes to no more than 5 cigarettes per day one week prior to surgery.*
- For any *questions* contact your family pharmacist.
- Listed below are all the drugs that contain aspirin:

Non-Prescription Drugs which Contain Aspirin

Cough and Cold Preparations:

Aspergum	BC All Clear	Contac	Sine-Off
Alia-Seltzer Plus	Congespirin	Coricidin Modilits	St. Joseph Cold
Bayer Decongestant	Coricidin	Dristan	Tablets- Children
Bayer Children's	Coricidin D	Emagrin Forte	Super Anahist
Cold Tablets	Coricidin Denilets	Pyroxate	Triaminion
			Ursinus
			4-Way Cold Tablets

Menstrual Products:

Femcaps
Midol
Pamprin

Sleep Aids/ Sedatives:

Nytol Capsules and Tablets
Quiet World Tablets
Sominex
Tranquil

Analgesics (Pain Tablets):

Alka-Seltzer Effervescent	Bayer Children's Aspirin	Ecotrin	PAC
Anacin	BC Tablets and Powder	Emagrin	PAC Percodan
Arthritis Pain Formula	Buffaprin	Empirin Compound	Panodynes Analgesic
Arthritis Strength Bufferin	Buffering	Excedrin	Persistin
Arthropan Liquid	Cama	Excedrin P.M.	Phenaphen
A.S.A. Compound	Capron Capsules	Fiorinal	Phensol
A.S.A. Enseals	Congespirin Chewable	Fizrin Powder	Robaxisal
Ascriptin	Cope	Goody's Headache	Sal-Fayne Capsules
Ascriptin A/D	Dolcin	Powder	Sine-Aid
Aspergum	Dolor	Measurin	Trigeic
B-A	Duradyne	Nilain	Vanquish Caplet
Bayer Aspirin	Duragesic	Pabirin	Zactrin

- Again, if you have any questions about the medications listed above, or any other type medication, please call your pharmacist.

Supplements that Don't Mix with Surgery

Stop taking these supplements 7 days before surgery

- **Echinacea** (for immunity boosting) : May interfere with certain drugs and causes slow wound healing.
- **Ginkgo** (for blood flow and memory enhancement) : May cause excessive bleeding
- **Kava** (calms nerves, better sleep) : May intensify the sedative effects of anesthesia
- **Fish Oil** (Omega 3 fatty acids) : May cause excessive bleeding
- **Garlic** (reduces blood pressure and cholesterol) : May cause excessive bleeding
- **Ginseng** (stimulates the immune system, improves energy) : May cause rapid heartbeat, high blood pressure and low blood sugar levels
- **St. John's Wort** (To relieve depression) : May cause increase or decrease of strength of certain drugs
- **Straight Vitamin E** (protects against air pollutants, premenstrual symptoms, eye disorders) : May cause excessive bleeding and bruising
- **Herbal Supplements** : May cause excessive bleeding, interfere with anesthesia, or other operative complications

You should NOT take any **DIET PILLS** for 15 days prior to having surgery