

# **Directions to Outpatient CareCenter**

## **From North Alabama, on I-65:**

From I-65 South, take the 4th Ave South EXIT 259-B  
Turn Right onto 14th St. South  
After four blocks, turn left onto University Boulevard  
Go approximately 1 mile and make sure you are in the left lane.  
Pass underneath Red Mountain Expressway/ HYWY 31  
You will go through two more traffic lights and past Burger King on your left  
After the third Traffic light, turn left into Outpatient CareCenter

## **From East and Northeast Alabama, on HYWY 280:**

From I-20 West/ I-59 South, take EXIT 126-A onto HYWY 280 East.  
Take the University Boulevard Exit  
At the traffic light turn left  
Stay in the left lane and pass under Highway 280  
You will go through two more traffic lights and past Burger King on your left  
After the third Traffic light, turn left past the next light and into Outpatient CareCenter

## **From South Alabama, on HYWY 280:**

Follow Highway 280 West towards Birmingham and cross the I-459 junction.  
Go approximately 4 miles  
Exit onto Red Mountain Expressway/ Hywy 31 North  
Take the University Boulevard Exit  
Turn left at the traffic light and stay in the left lane  
After the 2nd traffic light and past Burger King on your left, turn left into OPC

## **From South Alabama, on I-65 North:**

Follow I-65 North and take EXIT 259 (University Blvd)  
Follow University Blvd through UAB campus  
Go approximately one mile, and make sure you are in the left lane  
Pass underneath Red Mountain Expressway/ Hywy 31  
You will drive through two traffic lights and past Burger King on your left  
After the third Traffic light, turn left into Outpatient CareCenter

## **From West Alabama, on I-20 East/ I-59 North:**

From I-20 East/ I-59 North, take EXIT 126-A onto Hywy 280 East  
Take University Blvd Exit  
At the traffic light, turn left & stay in the left lane and pass underneath Hywy 280  
You will drive through two traffic lights and past Burger King on your left  
After the third light, turn left into Outpatient CareCenter

# Important Notice

Please read instructions carefully

For patients going to Outpatient CareCenter

Enclosed is the information you will need for your surgery which is scheduled for

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## **ADULT**

History and Physical sheet may be filled out by a physician of the patient's choice. **Please note that lab work is only valid for two weeks prior to surgery.** A copy of the completed History and Physical sheet, along with any lab work should be faxed to (205)-254-3013 no later than one day prior to surgery

## **CHILD**

History and Physical sheet may be filled out by the pediatrician **THE DAY BEFORE SURGERY** if possible. A copy of the completed History and physical sheet should be faxed to (205)-254-3013.

Be sure that you **DO NOT take any aspirin pr products containing aspirin for two weeks prior to your surgery.** Attached is a helpful list of over-the-counter medications which contain aspirin. We also ask that you stay away from Ibuprofen, Motrin, Advil, Aleve as these products contain blood thinning agents if taken regularly. If you are unsure about the medicines you are taking, please call our office.

If you are on medications for blood pressure, heart disease, diabetes, etc. please bring your medicines with you to the hospital.

**DO NOT GIVE THE PATIENT ANYTHING TO EAT OR DRINK** (including water, gum, mints) after midnight the night before surgery. In addition, you should carefully follow any instructions your surgeon may have given you.

**The Outpatient CareCenter will contact you regarding your arrival time the day before your surgery. You will hear from them on Friday if you are scheduled for surgery on Monday. You may contact them at (205)-558-4832 if you do not hear from them. Arrival times are usually not ready until after 1:00 P.M.**

## 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