



1719 East 19<sup>th</sup> Avenue  
Denver, Colorado 80218  
(303)-839-6000

Name: \_\_\_\_\_  
Birthdate: \_\_\_\_\_  
Physician: \_\_\_\_\_  
Allergies: \_\_\_\_\_

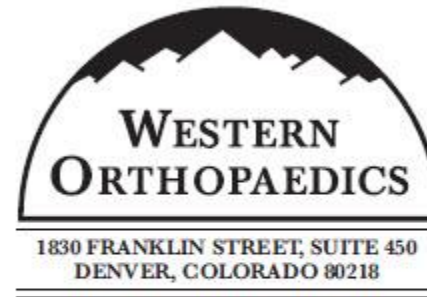
**HOSPITAL ADMISSION SURGERY PACKET**

Pre-Operative Diagnosis: \_\_\_\_\_  
Pre-Scheduled Surgery for: \_\_\_\_\_  
\_\_\_\_\_  
(Procedure)  
At \_\_\_\_\_ (DATE & TIME)  
ON THE DAY OF SURGERY REPORT TO A.M. ADMISSIONS: \_\_\_\_\_  
AS INDICATED ON THE ENCLOSED MAP. (DATE AND TIME)

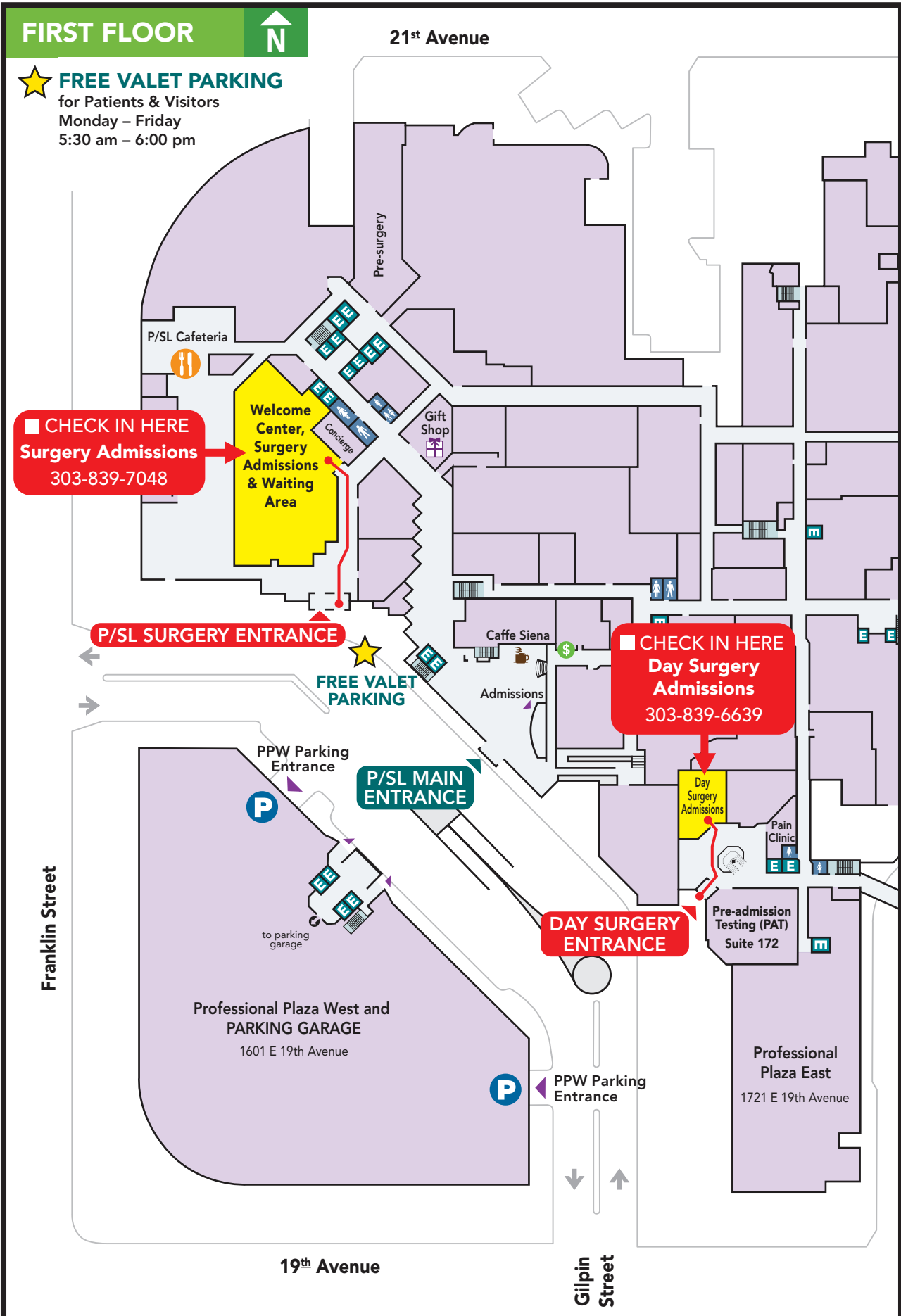
This envelope and its contents must be presented along with your health insurance card and driver's license. (Admissions Department will make photocopies for billing purposes.)

Pre-operative testing is necessary to proceed with surgery. Your physician will arrange the WORK-UP on \_\_\_\_\_ at \_\_\_\_\_.  
date location

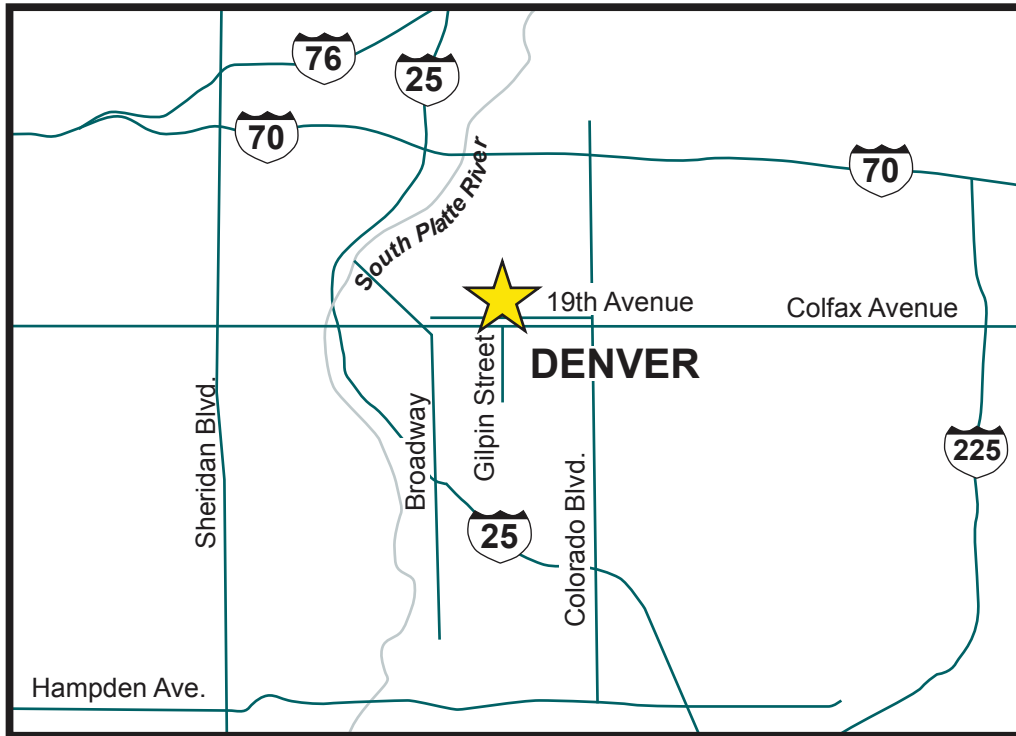
Do not eat or drink anything after midnight or \_\_\_\_\_ hours prior to your surgery. If you do eat or drink, it will be necessary to cancel your surgery.



Phone: 303-321-1333  
Toll Free: 888-900-1333  
FAX: 303-321-0620  
www.western-ortho.com



Presbyterian/St. Luke's Medical Center  
1719 East 19<sup>th</sup> Avenue, Denver, Colorado 80218  
www.PSLMC.com



## From the NORTH:

Approach Denver from the NORTH by southbound I-25

- From I-25 go EAST on I-70.
- Go about 3 miles, then go SOUTH on Colorado Blvd. at EXIT 276B.
- Take this to 17<sup>th</sup> Ave. (1<sup>st</sup> stoplight past City Park).
- Turn RIGHT (West) onto 17<sup>th</sup> Ave., staying in the right lane. At Josephine St. the road jogs right. Go straight through the light. You will now be on 18<sup>th</sup> Ave.
- Six blocks after Josephine St., turn RIGHT (North) onto Gilpin St.
- Cross 19<sup>th</sup> Ave. into the hospital driveway. Free valet parking is available at the P/SL Surgery Entrance or you may park in the Professional Plaza West parking garage on your left. (See map on back.)

## From the WEST:

Approach Denver from the WEST by eastbound I-70

- From I-70 go SOUTH on Colorado Blvd. at EXIT 276B.
- Take this to 17<sup>th</sup> Ave. (1<sup>st</sup> stoplight past City Park).
- Turn RIGHT (West) onto 17<sup>th</sup> Ave., staying in the right lane. At Josephine St. the road jogs right. Go straight through the light. You will now be on 18<sup>th</sup> Ave.
- Six blocks after Josephine St., turn RIGHT (North) onto Gilpin St.
- Cross 19<sup>th</sup> Ave. into the hospital driveway. Free valet parking is available at the P/SL Surgery Entrance or you may park in the Professional Plaza West parking garage on your left. (See map on back.)

## From the SOUTH:

Approach Denver from the SOUTH by northbound I-25

- From I-25 take Colorado Blvd. NORTH at EXIT 204.
- Take this to 17<sup>th</sup> Ave. (2 blocks North of Colfax Ave.).
- Turn LEFT (West) onto 17<sup>th</sup> Ave., staying in the right lane. At Josephine St. the road jogs right. Go straight through the light. You will now be on 18<sup>th</sup> Ave.
- Six blocks after Josephine St., turn RIGHT (North) onto Gilpin St.
- Cross 19<sup>th</sup> Ave. into the hospital driveway. Free valet parking is available at the P/SL Surgery Entrance or you may park in the Professional Plaza West parking garage on your left. (See map on back.)

## From the EAST:

Approach Denver from the EAST by westbound I-70

- From I-70 take EXIT 276B onto Colorado Blvd. Go SOUTH (left) at the light.
- Take Colorado Blvd. to 17<sup>th</sup> Ave. (1<sup>st</sup> stoplight past City Park).
- Turn RIGHT (West) onto 17<sup>th</sup> Ave., staying in the right lane. At Josephine St. the road jogs right. Go straight through the light. You will now be on 18<sup>th</sup> Ave.
- Six blocks after Josephine St., turn RIGHT (North) onto Gilpin St.
- Cross 19<sup>th</sup> Ave. into the hospital driveway. Free valet parking is available at the P/SL Surgery Entrance or you may park in the Professional Plaza West parking garage on your left. (See map on back.)



**WESTERN  
ORTHOPAEDICS**

*Excellence in Motion*

1830 Franklin Street, Suite 450  
Denver, CO 80218  
Phone: 303-321-1333  
Toll-Free: 888-900-1333  
Fax: 303-321-0620

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Sports Medicine  
Disorders of the Knee

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Please Note:

Your surgery  
time is subject  
to change.  
Please make  
yourself  
available all day.

Thank you!

# NO FOOD OR LIQUIDS

(Includes no water, candy, gum, breath mints ---NOTHING)

# AFTER MIDNIGHT!

If you have anything by mouth after 11:59 p.m.,

We will have to **CANCEL YOUR SURGERY!!**

Western Orthopaedics, PC

\*\*\*Morning of surgery **\*\*IMPORTANT\*\*** Morning of surgery\*\*\*

Please brush teeth with toothpaste, rinse and spit. **NO** gargling.

TAKE ONLY the following medications with **ONE SIP** of water:

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## ASPIRIN/BLOOD THINNER PROTOCOL

**FOR PATIENTS NORMALLY TAKING COUMADIN, WHO HAVE NOW BEEN ASKED TO SUBSTITUTE WITH LOVENOX IT IS REQUESTED THAT YOU DISCONTINUE THE LOVENOX A MINIMUM OF 24 HOURS PRIOR TO SURGERY, OR THERE IS A POSSIBILITY YOUR SURGERY WILL BE CANCELLED.**

DO NOT TAKE ASPIRIN OR ASPIRIN RELATED PRODUCTS FOR TWO (2) WEEKS PRIOR TO YOUR SURGERY - BELOW IS A LIST FOR YOUR CONVENIENCE.

The taking of aspirin and/or aspirin related medications can prove harmful to your body's perioperative healing process. Aspirin chemically inhibits the ability of the body to form stable clots necessary to permit proper healing.

If you are currently taking any medication and are unsure as to whether it contains aspirin or has a similar effect as aspirin (preventing the formation of stable blood clots), please do not hesitate to contact your pharmacist for additional information.

4-Way Cold Tabs  
Actron  
Advil Caps and Tabs  
Aleve  
Alka Seltzer Plus Night-Time Cold Medicine  
Alka Seltzer Plus Cold Medicine  
Alka Seltzer Extra Strength  
Alka Seltzer (Flavored)  
Alka Seltzer Antacid/Pain Reliever  
Anacin Analgesic Caps & Tabs  
Anacin Maximum Strength Tabs  
Anacin Arthritis Pain Formula  
Anaprox  
Ansaid  
Ascriptin w/Codeine Tabs  
Axotal  
B-A-C #3 Tabs  
Bayer Aspirin Tabs & Caps  
Bayer Maximum Aspirin Tabs & Caps  
Bayer 8 Hour Time Release Aspirin  
Bufferin Analgesic Tabs  
Bufferin Arthritis Strength Tabs  
Carisoprodol Compound Tabs  
Cataflam  
Children's Chewable Aspirin

Clinoril	N-saids
Damason-P	Norgesic Forte Tabs
Darvon with ASA	Norgesic Tabs
Darvon-N with ASA	Nalfon
Daypro	Nabumetone
Dia-Gesic Improved	Naprelan
Diclofenac Sodium Potassium	Naproxen
Disalcid	Naproxen Sodium
Dolobid	Naproxyn
Dolobid #3 Tabs	Nuprin Tabs
Easprin	Orphengisc w/Caff & Aspirin
Ecotrin	Orudis
Ecotrin Max Strength Tabs	Oxycodone w/Aspirin tabs
Empirin with Codeine	Oruvail
Equagesic Tabs	Oxaprozin
Etodolac	Percodan Tabs & Demi Tabs
Feldene	Persistins
Fenoprofen	Piroxicam
Fiogesic Tabs	Regular strength tabs
Fiorinal Tabs & Caps	Relafen
Fiorinal with Codeine Caps	Robaxisal Tabs
Geiprin Tabs	Roxiprin Tabs
Ibuprofen Tabs	Rulen Tabs
Indocin	Salflex
Indomethacin	Salicylate's
Ketoprofen	Soma Compound Tabs w/Codeine
Lodine	Soma Compound Tabs
Lortab ASA Tabs	Sulindac
Medipren Tabs & Caps	Supac
Midol 200	Synalgos DC Tabs
Motrin	Talwin
Motrin 200	Talwin Compound
Motrin Tabs	Tolmetin
Mobic	Tolectin
Meloxicam	Tolectin DS or 600
	Trilisate
	Vanquish Analgesic Caps

You may take Tylenol, Anacin 3 or Datril as they do not contain aspirin.

Attention Men: Please discontinue any erectile dysfunction medications 1 week prior to surgery.



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IF YOU ARE TAKING ANY OF THESE HERBAL SUPPLEMENTS (LISTED BELOW), WE ASK THAT YOU **STOP TAKING THEM 2 WEEKS PRIOR TO YOUR SURGERY.**

- ECHINACEA
- EPHEDRA
- GARLIC  
**THIS DOES NOT MEAN GARLIC IN YOUR FOOD.**
- GINKGO
- GINSENG
- KAVA
- ST. JOHN'S WART
- VALERIAN
- FLAX SEED OIL, VITAMIN E AND FISH OIL
- ANY TYPE OF DIET PILLS (METABOLIFE, HERBALIFE, ETC)

IT WAS RECENTLY REPORTED THAT THESE HERBAL SUPPLEMENTS MIGHT CAUSE HARM DURING AND/OR AFTER SURGERY.

THANK YOU FOR YOUR COOPERATION AND ALLOWING US TO KEEP PROVIDING YOU WITH THE BEST CARE.



## A Dangerous Mix

By Ian K. Smith, M.D.

Doctors have never quite figured out what to say about herbal supplements. While alternative medications have become increasingly popular--Americans will spend some \$5 billion this year on natural remedies for everything from arthritis to the common cold--most physicians assumed that even if they didn't know exactly what these remedies did, they were, at worst, harmless. But more and more, doctors are starting to recognize that many natural supplements have medicinal qualities that can complement--or conflict with--the treatments and medications they prescribe.

**The American Society of Anesthesiologists is the latest physicians' group to sound a warning about the potential side effects of alternative medications. Concerned by evidence that some supplements can interfere with anesthesia, the group has issued a recommendation that patients stop taking all natural remedies at least two weeks before surgery--giving the body plenty of time to clear them from the system.**

The anesthesiologists' warning is based on the latest of several findings that are raising doctors' awareness of the risks associated with natural supplements. Take, for instance, ginkgo biloba, used by almost 11 million Americans to improve memory and increase blood circulation. Doctors now believe ginkgo may reduce the number of platelets in the blood and can prevent blood from clotting properly. Taking ginkgo at the same time one is taking blood-thinning medications, like Coumadin or even aspirin, could make a patient dangerously vulnerable to bleeding.

Similarly, St. John's wort, a popular supplement taken to treat anxiety, depression and sleep disorders, is believed to prolong or increase the effects of some narcotic drugs and anesthetic agents. Ginseng, an herb taken to boost vitality, has been associated with high blood pressure and rapid beating of the heart--conditions that could be deadly in the operating room.

Part of the problem is that herbal supplements and mainstream medicine come from two very different worlds and operate in different regulatory environments. The marketing of prescription and over-the-counter drugs is strictly regulated by the Food and Drug Administration, which requires scientific proof of safety and efficacy. Herbal remedies, by contrast, are largely exempt from FDA supervision. Companies can sell herbal preparations without guaranteeing that what's on the label is inside the bottle.

These uncertainties don't mean that you should never take a supplement. But they make it even more important that you discuss whatever you are taking with your physician--something not enough patients do. A recent study showed that although 60 million Americans have taken alternative medicines, only a third of them reported it to their doctors.

This is a bad idea. A drug your doctor prescribes could be perfectly safe and effective, but if you are taking a similar-acting supplement, there is a real danger of cross-reaction. Don't be afraid to bring your herbal supplements to your doctor's office. Your physician may spot a potential conflict on the label or know of another drug--or even another supplement--that works just as well.

Dr. Ian appears on WNBC-TV in New York City. E-mail him at [ianmedical@aol.com](mailto:ianmedical@aol.com) For more on herbals, try [altmed.od.NIH.gov](http://altmed.od.NIH.gov)

- **Find this article at:**
- <http://www.time.com/time/magazine/article/0,9171,998150,00.html>

# SURGICAL ASSISTANT NOTIFICATION FORM



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Please be informed that a surgical assistant "S.A." or a Physician Assistant "P.A." may be required for the proper performance of the operation you need. Surgical assistants and Physician Assistants are professional members of the health care team, and are qualified by academic and clinical education to provide assistance to your surgeon during surgery.

If your doctor feels that an assistant is necessary for your procedure, he will use one (some procedures require two assistants), even if your insurance company does not recognize this as a medical necessity. The insurance company will be billed first by the surgical assistant. If your insurance company denies the assistant surgeon, (per our agreement with these assistants) **the maximum you are required to pay (per assistant) is \$150 for the first hour and \$20 for each additional 15 minutes.**

**If your insurance company pays for the surgical assistant-the above agreement does not apply.**

**Note: Most insurance companies consider assistant surgeon's "out of network providers" or will not even contract with an assistant surgeon.**

Once you receive a bill from the outside surgical assist company please direct any questions to their billing department. Again - the assistant surgeon company is aware of the above agreement and will correct your bill accordingly. Please do not contact our billing department regarding an outside surgical assistant. Below is a list of assistants we use:

Surgical Assist Name	Billing Phone#
Roman Bachayev	720-985-6962
Alan Duffy	720-748-2888
Andrew Waggoner	813-931-0738
Bob Fox	720-748-2888
Bryan Carter	321-725-0131
Chief Griffin	281-324-5660
Frances Bollig	303/940-1613
Gerald Crenshaw	720-351-8417
Debra Rittinger	720-748-2888
Rob Sherwood	281-324-5660
Mark Mauries	303-755-1137
Joe Harris	720-283-0960
Tony Fabre	281-973-9781
Pedro "Peter" Rodriguez	720-204-2078
Scott Comeaux	281-462-4613
Bridger Cook	303-913-7109

Surgical Assist Name	Billing Phone #
Jose Villasenor	720-985-6962
Karen Drozda	303-388-0891
Ken Gallegos	720/283-0960
Antranik Kosyan	720-204-2078
Helene Desmarais	303/922-4643
Sean Oberlander	281-324-5660
Vong Zhou "Peter"	720-204-2078
Mikhail Malamud	720-351-8417
Paul Beal	303-716-5738
Mark Hinton	720/748-2888

**I have read the preceding information and acknowledge being notified.**

Patient signature: \_\_\_\_\_

Printed name: \_\_\_\_\_

Today's date: \_\_\_\_\_



Your anesthesiologist will make every effort to contact you the night before your surgery. Please assist us by ensuring that your contact information is correct and your phone will accept blocked calls. If for some reason we are unable to reach you, please visit our website [www.gcadoctors.com](http://www.gcadoctors.com) or call our office at [303-744-8644](tel:303-744-8644) with questions.

Thank you and we look forward to caring for you!