

# PACIFIC PITUITARY DISORDERS CENTER

AT PACIFIC NEUROSCIENCE INSTITUTE<sup>SM</sup>

## PRE-OPERATIVE TESTS, EVALUATIONS & RECOMMENDATIONS

### YOU WILL NEED THE FOLLOWING COMPLETED WITHIN 30 DAYS OF YOUR SURGERY:

- **Blood work:** Complete blood count (CBC), clotting studies (PT/PTT), electrolytes and metabolic screen.
- **Medical clearance (history and physical):** A note from a doctor stating that you are healthy enough to undergo surgery.
- **Electrocardiogram (ECG):** Needed if over 40 years old or a smoker.
- **Chest x-ray:** Needed if over 40 years old or a smoker.
- **Cardiology clearance & cardiac stress test:** For patients with heart problems, hypertension, diabetes or heavy smokers.
- **Pulmonary function tests:** For patients with pre-existing lung problems.
- **Neuro-ophthalmology evaluation and formal visual field testing:** For patients with visual problems related to a brain or pituitary tumor.
- **Endocrinology and pituitary hormonal evaluation:** For patients with pituitary tumors or tumors affecting pituitary gland function.
- **Additional tests and clearances may be needed.**

### BEFORE YOUR CRANIOTOMY OR ENDONASAL SURGERY, YOU SHOULD:

- Stop smoking for at least 10 days before surgery and minimize alcohol intake for at least 5 days before surgery.
- Please check with surgeon or your regular doctor for instructions on taking medication prior to surgery. If you are under the care of a cardiologist and are taking heart medications (especially blood thinners such as Aspirin, Coumadin, or Plavix), speak to your cardiologist for specific pre-surgery instructions.
- For pain issues prior to surgery, please take Tylenol or Extra Strength Tylenol. Do not take Aspirin, Motrin, Ibuprofen, Aleve, Advil (all of these drugs act as blood thinners) or other painkiller unless approved by neurosurgeon and the surgery team.
- Please avoid herbal medications containing Ginkgo Biloba, Vitamin E, Feverfew, Fish Oil, St. John's Wort, Echinacea and high-dose garlic, cayenne, ginger, clove or turmeric pills (cooking with these ingredients is fine, just avoid these herbs in pill form). All of these herbs are blood thinners.
- If you're instructed to take medications on the day of your surgery, please take your medicine with a very small sip of water. Please bring any medications you're currently taking to the hospital for your anesthesiologist to review.

For additional information, please visit our website or contact our office at 310-582-7450.

Thank you.