

You have been scheduled to have: _____

Surgery with: _____

Your surgery is scheduled on: _____

Surgery time: (subject to change) _____

NOVATO COMMUNITY HOSPITAL

180 Rowland Way
Novato, CA 94945
(415) 209-1300

Please arrive at the facility at the time given to you by the Pre-Admission Nurse at the hospital.

Please make yourself available the entire day of your surgery. Please understand that due to the nature of the surgery, the times may fluctuate accordingly and you will need to be flexible with your schedule on that day.

You will be contacted by Novato Community Hospital's Orthopedic Case Manager to schedule your Pre-Admission Testing (PAT) appointment within 4 weeks of your surgery date.

<input type="checkbox"/>	<p>It is mandatory that you obtain medical clearance from your primary care physician prior to your surgery.</p> <p>The history and physical examinations must be completed no greater than 30 days prior to surgery date. Labs need to be done within 30 days and an EKG within 6 months of your surgery date.</p> <p>Your Labs and EKG can be done at Novato Community Hospital.</p> <p>Failure to comply can result in postponement and/or cancellation of your surgical procedure.</p>
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Pre-op appointment date with your Primary Care Physician: **WITHIN 30 DAYS OF SURGERY**

Post-op appt 10 to 14 days after surgery

Please call our office at 4156688010 option #3 to set one up if you don't already have one.

If you should have any questions regarding your surgery date or time, please contact me at 415-592-2000 or Email me at jezzati@calpacortho.com. **You will be called by the Pre-Admission Testing Nurse at Novato Community Hospital the day before your surgery to confirm arrival time.**

Thank you,
Jada Ezzati

Summary List – Novato Community Hospital

- 1) You will be contacted by a pre-admission nurse so that he or she will be able to schedule you for a pre-op appointment 2-3 weeks prior to your surgery.
 - 1) Pre- Admission (415) 209-1548

- 2) You are required to have a pre-operative History and Physical Examination performed by your primary physician **within 30 days** of your surgery (**to be done 3 weeks prior if possible**). If you fit the following criteria.
 - 1) **All total joint replacement patients**
 - 2) History of
 - i) Hypertension
 - ii) Heart condition (Pacemaker, Defibrillator or Stents)
 - iii) Sleep Apnea
 - iv) Asthma
 - v) Diabetes

- 3) Please ask your primary doctor to fax these documents to the **Nurse Facilitator** at (415) 369-1235.

- 4) Need the following completed **within 2 weeks** prior to surgery. This will be done at your pre-admission testing with RN at Novato Community Hospital.
 - i) Chemistry Panel
 - ii) Urinalysis
 - iii) CBC
 - iv) EKG within 6 months of surgery date

- 5) **Stop** taking all anti-inflammatory medication **seven (7) days prior** to your surgery.
 - 1) Aspirin
 - 2) Ibuprofen
 - 3) Motrin
 - 4) Advil
 - 5) Aleve
 - 6) Naprosyn
 - 7) Vitamin E
 - 8) Gingko Biloba
 - 9) Omega 3 Fish oil
 - 10) Garlic Supplements

6) Medication that **can** be taken:

- 1) Celebrex
- 2) Tylenol

7) **You must not eat or drink anything after midnight unless your surgery is late in the afternoon, then you will need to be on empty stomach (NPO) 8 hours prior to surgery.** This includes:

- 1) Water
- 2) Candy
- 3) Gum

8) If you are a smoker. Please do not smoke **1 month prior** to surgery.

9) On the day of surgery:

- 1) Need to arrive **2 Hours** prior to your appointed time. During this time the following will occur.
- 2) Preparing for surgery.
- 3) Meeting your anesthesiologist.
- 4) Upon discharge you will need to make arrangements for a family member or friend to take you home.
 - i. Hospital policy will not allow you to leave alone, by taxi or by bus.
 - ii. Keep your dressing dry and intact until your appointment or unless instructed otherwise.
 - iii. **If you are experiencing redness, swelling, numbness, fever, or increase pain, call our office immediately at (415) 668-8010.**
 - iv. **Please contact physician's office to set up the initial post-operative appointment 2 Weeks after surgery.**

10) Surgery Cancellation Policy

- 1) **All patients who fail to arrive for their scheduled surgery or who cancel with less than 5 business days advanced notice will be charged a non-refundable administration fee of \$500.00**
- 2) If your primary care physician has not cleared you for surgery prior to this time, please contact your surgery coordinator Jada Ezzati at (415) 592-2000 as soon as possible.
- 3) **All patients that cancel and re-schedule a procedure (2) or more times for non-medical reasons will be charged a non-refundable deposit of \$500 for each occurrence. These fees cannot be charged to your insurance carrier.**

11) Assistant Surgeon Notice

- 1) **Aetna, WILL NOT PAY** for a Physician Assistant (**PA**) or a Registered Nurse First Assist (**RNFA**).
 - i. If the **PA or RNFA** is not covered by your insurance, **your financial responsibility will be 30% of the primary surgeon's charges.**
- 2) Cigna will pay for a PA or RNFA as out-of-network and may apply the charges to your out-of-network deductible.
 - i. This balance will be your responsibility.
- 3) If you are paying out-of-pocket (no insurance), payment is required in full **prior** to your procedure. If you are paying by check, please make your payment two (2) weeks prior to surgery; and if paying by cash or credit card, one (1) week prior to surgery.
- 4) Please call our **Physician Focus Billing Department at 650-375-2506, select option # 3** Monday through Friday 08:30 am and 04:30 pm.

Billing Information

Please be advised that you will receive three (3) separate EOB's (Explanation of Benefits), and statements from medical entities showing patient financial responsibilities: 1) Surgeon, 2) Medical Facility, 3) Anesthesia.

●If you need a quote of surgeon's surgical charges, please call our Billing Department "PHYSICIAN FOCUS" at (650)375-2506, select Option #3. Cal Pac Ortho billers are available Monday through Friday: 8:30 am to 4:30 pm.

●For Sutter facility charges: Please contact (855) 398-1639. Please, have the CPT Code(s) available when calling. Please note that this is the number you will be transferred to after speaking to the Pre-Admission Testing department so no additional call is necessary.

●For anesthesia quotes: Please contact ACAMG at 833-922-1081. Please have the CPT Code(s), Length of surgery, anesthesia type available when calling.



3838 California Street, Ste. 715
San Francisco Ca 94118
Tel: (415) 668-8010

MARK SCHRUMPF, M.D.

Contact List:

Andie Stevenson – Medical Assistant to Mark Schrupf,
M.D. Direct Telephone: (415) 592-2031 or UCSF mychart
Email: astevenson@calpacortho.com

Please contact Andie directly if you have any questions regarding the following:

- Completion of Disability Forms
- FMLA Forms
- Request for Work Release
- Prescription
- Physical Therapy and Imaging
- Post-op questions
- DME (Durable Medical Equipment: Crutches, Braces)

JADA EZZATI– Surgical Coordinator for Mark Schrupf, M.D.

Direct Telephone: (415) 592-2000

Fax: (415) 592-0002

Email: jezzati@calpacortho.com

Please contact Jada directly if you have any questions regarding:

- Scheduling Surgery
- Rescheduling Surgery
- Pre-operative requirements (History & Physical, EKG, Laboratory Work up)
- Confirmation of surgery date and time
- Explanation of the surgical instructions

Please contact Katie Sisson regarding post op questions.



LIST OF MEDICATIONS THAT MUST BE STOPPED 7 DAYS PRIOR TO PROCEDURES

Vitamins:	Vitamin E, Fish Oil, Saw Palmetto		
Herbal Medications:	Dong quai Garlic Ginkgo Biloba	Ginseng Green Tea Turmeric	Ephedra Feverfew Ginger
Non-Prescription Medications: (over the counter)	Non-Steroidal Anti-Inflammatory Drugs (NSAIDs): Ibuprofen: Motrin, Advil, Midol, Nuprin Naproxen: Naprosyn, Aleve, Anaprox Aspirin: Bayer, Excedrin, Bufferin, Anacin, Easprin, Alka-Seltzer, etc Enteric Coated Aspirin Tylenol is OK to use		
Prescription Medications: Non-Steroidal Anti-Inflammatory Drugs (NSAIDs): * <u>Rofecoxib (CELEBREX)</u> -Hold for 7 days for Epidural Steroid Injections -Hold for 3 days for Medial Branch Blocks, Radiofrequency Ablations, Facet Joint and Sacro-iliac Joint injections	Diclofenac (Voltaren, Catablam, Arthrotec)	Diflunisal (Dolobid)	Etodolac (Lodine)
	Fenoprofen (Nalfon)	Flurbiprofen (Ansaid)	Ibuprofen (Motrin, Advil, Midol, Nuprin)
	Indomethacin (Indocin)	Ketoprofen (Orudis, Oruvail)	Ketorolac (Toradol)
	Mefenamic Acid (Ponstel)	Meloxicam (Mobic)	Nabumetone (Relafen)
	Naproxen (Naprosyn, Aleve, Anaprox)	Oxaprozin (Daypro)	Piroxicam (Feldene)
	Pletal (Cilostazol)	Rofecoxib (CELEBREX)*	Sulindac (Clinoril)
	Ticlid (Ticlopidine)	Tolmetrin (Tolectin)	Valdecoxib (Bextra)
	OZEMPIC/WEGOVY/RYBELSUS (Semaglutide), MOUNJARO (Tirzepatide)		
<p style="text-align: center;"><u>IMPORTANT</u></p> <p>Check with your Prescribing Physician Regarding Holding these Prescription Medications Seven Days Prior to your Surgery:</p>	Anticoagulants: Enoxaparin (Lovenox) STOP 24 HRS PRIOR Heparin Warfarin (Coumadin) Antiplatelets: Aggrenox (Aspirin and Dipyridamole) Agrylin (Anagrelide) Clopidogrel (Plavix) Dipyridamole (Persantine) Ticlid (Ticlopidine) Pentoxifylline (Trental) Apixaban (Eliquis) – Minimum of 3 day Hold OK Rivaroxaban (Xarelto) – Hold 3 days OK		

MEDICATIONS TO CONTINUE OR TO HOLD DAY OF TOTAL JOINT REPLACEMENT SURGERY

Hold Day of Surgery

ACE INHIBITORS - Benazepril (Lotensin}
Captopril {Capoten) Enalapril
(Va50tec) Fasinopril (Monopril)
lisinopril (Prinivil, Ze5tril)' Quinapril (Accupril)
R.amipril (Altace)

ANGIOTENSIN RECEPTOR BLOCKERS
Candesartan (Atacand) Irbesartan (Avapro)
Losartan (Cozaar) Olmesartan (Benicar)
Telmisartan (Micardis) Valsartan (Diovan)

NIACIN

THEOPHYLLINE

ALLOPURINOL, COLCHICINE, PROBENECID

DIURETICS

ORAL DIABETIC MEDICATIONS

HOLD BLOOD THINNERS AND ANTI-
PLATELET MEDS PER MD ORDER - 7 days
Apixaban (Eliquis) Dabigatran (Pradaxa)
Rivaroxaban (xarelto) Warfarin (Coumadin)
Anagrelide (Agralin) Cilostazol (Pletal)
Clopidogrel (Plavix) dipyridamole (Aggrenox)

NSAIDS - Hold 7 days prior to surgery

HERBAL MEDICATIONS - to hold 7 days prior
to surgery:
Ephedra (Ma Huang), (Fish oil, Garlic, Ginger,
Ginseng.. St. John's Wart, Turmeric, Vit E

DIET PILLS

Continue Taking

BETA BLOCKERS - Atenolol (Tenormin)
Bisoprolol (Zebeta) Carvedilol (Cong)
Metoprolol (Lopressor, Toprol) Nadolol (Corgard)
Nebivolol (Systolic) Propranolol (Inderol)

ALPHA 2 AGONISTS - for
example: Clonidine (Catapres)

CALCIUM CHANNEL BLOCKERS - include
Amlodipine (Norvasc), Diltiazem (Cardizem, Tiazac)
Felodipine (Plendil), Nifedipine (Procardia, Adalat)
Verapamil (Calan)

DIGOXIN

STATINS - include Atorvastatin (Lipitor), Fluvastatin
(escol), rosuvastatin (Mevacor), Pravastatin (Pravachol)
Simvastatin (Zocor), Rosuvastatin (Crestor)

HISTAMINE 2 BLOCKERS AND PROTON PUMP
INHIBITORS - include Ranitidine (Zantac),
Cimetidine (Tagamet), Famotidine (Pecid), Omeprazole
(Prilosec), Lansoprazole (Prevacid), Pantoprazole
(Protonix), Esomeprazole (Nexium)

INHALERS

GLUCOCORTICOIDS (steroids)

LEUKOTRIENE INHIBITORS - include Singulair,
Accolate

TRICYCLIC ANTIDEPRESSANTS AND SSRIs -
Amitriptyline, Desipramine, Doxepin, Nortriptyline

ANTIPSYCHOTICS

MAO INHIBITORS (MD should be made
aware of their use)

CHRONIC PAIN MEDICATIONS