



Penn State Hershey Medical Center
South Annex – Gamma Knife Center

Gamma Knife Pre-Procedure Instructions

During your clinic appointment with the neurosurgeon or radiation oncologist:

-Please let your provider's nurse or medical assistant (MA) know if you are diabetic or on blood thinner medication (Coumadin, Aggrenox, aspirin or aspirin-containing products). While we don't necessarily have to stop these medications, we may need to make additional arrangements for your care.

One Week before your procedure:

-Stop all aspirin or aspirin-containing products. You may continue to take acetaminophen (Tylenol) or ibuprofen (Advil) as needed.

Preparation for your procedure:

-Nothing to eat or drink after midnight the night before your procedure. Take your medications the morning of the procedure with a sip of water or clear liquids. If you must take your medicine with food, please have something light (toast, muffin, bread). NO EGGS, MILK, OR SUGARY FOODS OF ANY KIND.

-Please wear comfortable clothing to your procedure. Sweats and a t-shirt are fine! No extra metal in your clothing (underwire bras and zippers in pants are fine, no zippered jackets or sweatshirts). You may wear wedding rings, but no other jewelry. The temperature in our facility is on the cooler side (68°-70°), so please dress accordingly.

-You may bring any music you would like to listen to with you. We can play music from mp3 players, iPods, or CD-roms. We also have access to satellite radio.

-You will need a driver to come with you to take you home after your treatment. Please park your car in the South Garage. As you pull into the garage, there are reserved parking spaces on the left-hand side for Gamma Knife patients (directly across from the elevator). Please use these for the day; however, we request that you use only one space per patient. If you have other family coming for your treatment, they may park anywhere else in the garage.

-You will need to arrive for your treatment at 6:00 a.m. in the South Annex. Our front doors open at 5:30 a.m., and if needed, your family member may pull the car up to the front door to drop you off before parking the car. Your family may wait for you in the waiting area until we return from MRI, at which time the nurse or MA will bring them back to stay with you during the planning phase of the treatment.

-Once your treatment is completed, your family member will be asked to listen to the discharge instructions with you. You will leave with printed instructions on how to care for yourself, as well as your return appointments already scheduled.

-If you have any questions, please contact the Gamma Knife Nurse at 717-531-8807, option 4.