

PRE-ANESTHESIA INSTRUCTIONS

EATING AND DRINKING

- You may not have any food for at least 8 hours prior to your procedure.
- You may drink clear liquids up to 3 hours prior to your procedure. Please limit your fluid intake during the last hour to 4 oz (half a cup). Clear liquids include: water, Gatorade, clear juices without pulp, clear broth, tea and coffee without milk/creamer.
- **It is important that you follow these guidelines because your stomach must be empty when you receive anesthesia.**

MEDICATIONS

- You may take most of your prescribed morning medications with a sip of water. Please see exceptions below:
 - Do not take diabetes medications the morning of your procedure. Please check your blood glucose in the morning and bring your glucometer with you to your procedure.
 - Do not take diuretics (water pills) the morning of the procedure.
 - If you take aspirin or any other blood thinner, follow your doctor's instructions.
 - If you take any of the following medications for your blood pressure, it is important that you discuss taking them with the anesthesia provider:
Benazepril (Lotensin), Captopril (Capoten), Enalapril (Vasotec/Renitec), Fosinopril (Monopril), Lisinopril (Lisodur/Lopril/Novatec/Prinivil/Zestril), Perindopril (Coverly/Aceon), Quinapril (Accupril), Ramipril (Altace/Tritace/Ramace/Ramiwin), Zefenopril, Candesartan (Atacand), Eprosartan (Teveten), Irbesartan (Avapro), Losartan (Cozaar), Olmesartan (Benicar), Telmisartan (Micardis), Valsartan (Diovan)

GENERAL INSTRUCTIONS

- If you use an inhaler on a regular basis, please bring it with you to your procedure.
- Stop smoking as soon as possible prior to surgery and do not smoke after surgery.
- Do not drink alcohol or use recreational drugs for 24 hours prior to surgery and for 24 hours after.
- If you have an illness such as a cold, sore throat, or stomach or bowel upset, please notify the office as soon as you can.
- Contact lenses, jewelry, piercings in and around the mouth, and dentures must be removed at the time of surgery. If you have acrylic nails, please remove one nail from any finger, as our oxygen monitoring sensors do not penetrate acrylic nails.
- A responsible adult must accompany you to the procedure, remain in the office during the procedure, drive you home, and stay with you at home for 24 hours after the procedure. A taxi/Uber will not be allowed without a responsible adult accompanying you.
- After surgery you may resume a regular diet, unless instructed otherwise by your surgeon. We recommend that you start with a light meal and progress as tolerated.

THE DAY OF YOUR SCHEDULED PROCEDURE

Your anesthesia provider will meet you on the day of your procedure, discuss the anesthetic plan, and answer all your questions. Multiple factors including the type and duration of surgery, your medical history, your personal preference, and the opinion of the surgeon and anesthesia provider, will influence the anesthetic plan. Most surgeries are done under general anesthesia or conscious sedation. In addition, you may be offered regional anesthesia to help with post-operative pain. In the operating room you will be given supplemental oxygen and monitors will be used to monitor your blood pressure, heart rhythm, and breathing. Your anesthesiologist will be present with you throughout the entire surgery from beginning to end. When the procedure is complete you will be taken to the post-procedure area where you will be monitored until you are ready to go home.

AFTER YOUR PROCEDURE

Your recovery from surgery and anesthesia depends on a number of factors including the type and duration of surgery and anesthetic. When you are comfortable and ready, we will give you some light food and drink. When you are tolerating that, we will remove your IV and get you ready to go home. Although you may feel normal, you should not drive, operate machinery, or make any important decisions for at least 24 hours after your procedure.

It is necessary for you to make arrangements for a responsible adult to take you home after your anesthetic or sedation, since we will not allow you to leave alone or drive yourself home. It is strongly suggested that you have someone stay with you during the first 24 hours.

**Please contact our office by phone or email with any questions or concerns:
Tel: 773-717-5595 Email: main3@quantumanesthesia.com**