

Marietta Surgical Center

Pre-operative Instructions For Patients Planned for General, Monitored Anesthesia Care, Total Intravenous Sedation Anesthesia or Regional Anesthesia

- 1.) **Fasting Instructions:** Nothing to eat or drink after midnight, including eating of breath mints, candy, ice or chewing gum. Also, for tobacco users, do not smoke or chew tobacco after midnight.
- 2.) If your procedure time is planned after 1pm, you may have **clear liquids only** until 6am on the morning of your procedure (**NO** solid foods-clear liquids are nonalcoholic liquids such as water, Sprite, coffee or tea without milk or lemon, Pedialyte, clear/no pulp fruit juices). **NOTHING** by mouth after 6am. **NOTE: NO MATTER WHAT TIME YOUR PROCEDURE IS SCHEDULE, IF YOUR SURGEON HAS TOLD YOU NOT TO EAT OR DRINK ANYTHING AFTER MIDNIGHT-PLEASE FOLLOW THEIR INSTRUCTIONS! YOUR SURGEON'S INSTRUCTIONS WILL ALWAYS BE THE MOST IMPORTANT TO FOLLOW!*******
- 3.) If you have any of the following clinical conditions, you must **NOT** eat or drink **ANYTHING** after midnight **no matter** what time your procedure is scheduled:
 - Pregnancy
 - Reflux (GERD-gastric reflux disease)
 - Gastroparesis
 - Potential difficult airway, difficulty swallowing or previous difficulties with anesthesia in the past
 - Overweight (Obesity or BMI greater than 30)
- 4.) **Medication Instructions:**
 - Take routine prescribed cardiac or hypertension medications except diuretics or those drugs containing a diuretic with a small sip of water the morning of your procedure
 - Patients taking blood thinners, including ASA, NSAIDs, etc. must verify instructions with surgeon for discontinuing and/or continuing doses.
 - Patients with history of asthma or emphysema should use inhalers per ROUTINE use & bring their inhalers with them to the surgery center on the day of the procedure.
 - Hold insulin & oral hypoglycemic in the morning of procedure. Remember, no food, no insulin.
 - If patient is insulin dependent, you should take ½ (one half) your normal PM dose the night before procedure.
 - If patient insulin-pump dependent, patient needs to turn pump to basal at bedtime the night before the procedure.
- 5.) Wear clothing that will be comfortable and easy for you to put on in a sedate/sleepy state. If you are having eye, nose surgery or a procedure on your shoulder, arm or hand, please wear a shirt that buttons up the front
- 6.) You may shower, shampoo your hair and brush your teeth. **PLEASE DO NOT** wear cosmetics, eye make-up, lotions, fragrance, jewelry, piercings or valuables of any type. If you are having surgery on your hand or foot, please remove any nail polish from these areas. Please leave your valuables at home & remove any and all body piercing prior to your arrival to our facility. If you are a contact lens wearer, you may be asked to remove them prior to your procedure, so please bring your solution, storage case & your glasses with you. If you have reading glasses, bring them with you.
- 7.) It is **IMPERATIVE** you have someone to drive you home and stay with you for 24 hours following your procedure. Please plan on having your driver remain with you for the entire procedure if at all possible. Some physicians may not perform your procedure if you do not have a responsible adult present for the procedure. It is **ILLEGAL** for you to drive after sedation.
- 8.) Bring anything you may need for surgery: eye kits, crutches or x-rays. For children: please bring extra diapers, clean baby bottle, sippy cup, favorite blanket, toy or stuffed animal.
- 9.) Please arrive at our Center 1 ½ hours prior to your **SCHEDULED** procedure time, unless your physician or someone from our center has instructed you otherwise. Some physicians prefer their patients to arrive 2 hours prior to their scheduled procedure in case their schedules are moving more quickly. Bring any papers you may have received from your Doctor's office, such as your Informed Consent, Patient's Rights Notification Letter, copies of Living Wills, Powers of Attorney (if needed for medical treatment of the patient), your co-pay amount or method for payment if needed, your insurance card and a photo ID.