

## GENERAL INSTRUCTIONS PRIOR TO ANESTHESIA FOR YOUR PLANNED PROCEDURE

1. Your Surgeon's office will inform you of your reporting time for surgery.
2. You **MUST** have someone to accompany and drive you home after the procedure.
3. If you have a significant change in your health, inform your surgeon and/or anesthesia ASAP.
4. If you have a respiratory infection, fever, or productive cough, inform your surgeon, anesthesia, or nursing ASAP.
5. (Females) If you suspect you may be pregnant, inform your surgeon, anesthesia, or nursing ASAP.
6. Clear liquids include water, apple juice, black coffee, or tea.

### GENERAL INSTRUCTIONS ABOUT MEDICINES BEFORE YOUR PROCEDURE

1. You should take only those medicines instructed. Refer to the list below.
2. Check with your surgeon regarding use of blood thinners, aspirin, or non-steroidal medicines before surgery.
3. If you take pills for diabetes, **DO NOT** take them the day of surgery.
4. If you use insulin for diabetes, **DO NOT** take it the morning of surgery.
5. You may use all usual eye drops prior to surgery; Please include names on medicine list.
6. Use all your usual inhalers prior to surgery. You may bring these with you to the SurgiCenter.

### GENERAL INSTRUCTIONS AFTER YOU ARE DISCHARGED BY ANESTHESIOLOGIST

1. You should resume your usual medicines unless instructed otherwise by your surgeon.
2. For patients with diabetes:
  - A. Follow diet instructions given by your surgeon
  - B. If you take pills for your diabetes:
    - Restart these medicines when you are able to eat. You must restart them by the day after the procedure, or contact your primary care physician for instructions.
  - C. If you use insulin for your diabetes:
    - Follow your glucose carefully with your glucometer. Adjust your insulin according to your glucose reading and food intake.
    - If you do not use or have a glucometer, resume your usual dose of insulin tomorrow if you are able to eat. If you are unable to eat or drink, contact your surgeon or primary care physician. (If possible, check your glucose before taking insulin until you resume your usual glucose control.)

You may also visit [www.readinganesthesia.com](http://www.readinganesthesia.com) for additional information.

#### INSTRUCTIONS ABOUT EATING, DRINKING, AND MEDICATIONS

You may not have anything to eat after midnight the night before your operation.

You may **drink clear liquids only** until hours 4 before your scheduled surgery.

Take the following medications at home before surgery with a sip of water.

#### SPECIFIC INSTRUCTIONS:

Name \_\_\_\_\_

Surgeon \_\_\_\_\_ Date \_\_\_\_\_

Procedure \_\_\_\_\_