



ADVANCED CENTER
FOR SURGERY

Anesthesia Preoperative Patient Instructions

Thank you for choosing the Advanced Center for Surgery for your healthcare. The staff at the surgery center is looking forward to caring for you or your family member during your visit with us.

Every member of the healthcare team is committed to ensuring that your visit will be a positive experience. We will be happy to answer your questions regarding your anesthesia or to refer you to someone who can assist with your specific needs.

For your safety, **failure to comply** with the following guidelines **may result in CANCELLATION** and rescheduling your surgery.

*****All patients must be attended by a responsible person to drive the patient home from the procedure and to stay with the patient for the next 24 hours*****

DIET

Adults

- No food or liquids after midnight prior to arriving at the surgery center. This includes gum or other candy.

Children

- No food or liquids after midnight prior to arriving at the surgery center. This includes gum or other candy.
- Infants may have breast milk or formula until 4 hours prior to arrival at the surgery center.

TOBACCO:

Smoking is harmful to your health and can negatively impact on your recovery from surgery and anesthesia. For this reason, you must avoid smoking and all other forms of tobacco products for twenty-four hours prior to surgery. This includes smokeless tobacco products (snuff/chew/vape).

MEDICATIONS:

In general, continue taking all medications as regularly prescribed with a sip of water the morning of the procedure. If you use an inhaler, please bring it with you to the surgery center. Special concerns regarding medications follow:

GLP-1 Medications:

- If taking medication daily, medication to be stopped 1(one) day before surgery
- If taking medication weekly, medication to be stopped 1(one) week before surgery

Diabetic Medication:

- DO NOT TAKE oral hypoglycemic medications or rapid or short acting insulin the morning of surgery (Humalog, Novalog, Apidra, Humulin R, Novulin R)
- Basal insulin (Lantus, Levemir, Ultralente) may be taken the night before the procedure as one-half normal dose.
- Insulin pumps should run at the basal rate the night before surgery and the morning of surgery.
- If your primary care physician has given specific guidelines to follow regarding insulin dosing, please follow their orders.
- Low blood sugar instructions: For pre-operative blood glucose below 70, take 4 oz. (1/2 cup) of clear juice or 4 glucose tabs and recheck blood glucose in 10 minutes. If blood glucose remains below 70, repeat the previous protocol every 15 minutes until blood glucose is greater than 70 and notify the staff at the surgery center when you arrive.

Blood Thinners/ Anticoagulants:

- Consult your surgeon for instructions on the discontinuation of blood thinners and the need for any blood tests prior to surgery. Some patients may not be able to discontinue therapy and may be placed at harm by doing so.
- Patients with recent (last 6 months) interventional stenting (cardiac, carotid, peripheral, etc.) should consult their prescribing physician or cardiologist prior to discontinuation of any anticoagulant therapy.

Heart/Lung:

- All medications taken for your heart condition should be continued, by taking with a sip of water the morning of surgery, unless directed otherwise by your physician.
- All medications taken for lung conditions should also be continued unless directed otherwise by your physician.

Gastrointestinal:

- All medications prescribed for GERD (acid reflux disease) or intestinal disease should be continued, by taking with a sip of water on the morning of surgery, unless directed otherwise by your physician.

Anticonvulsants/ Anti-Anxiety/ Antidepressants:

- All medications taken for any neurological disorder should be continued, by taking with sip of water the morning of surgery, unless directed otherwise by your physician.

Natural Supplements:

- Discontinue natural supplements 10 days prior to the scheduled procedure as many of these supplements can interact with the medications given during your surgery and can interfere with coagulation, leading to excess bleeding or clotting.