

## Pre-anesthesia Patient Instructions

**On the day of your Surgery or Procedure, you must have a responsible adult accompany you to the doctor's office. This individual must be able to stay with you the rest of the day. You cannot go home in an Uber, taxi, or bus if you are alone. If you do not have a responsible adult accompanying you, your procedure will be cancelled.**

### Regarding Your Diet

- You must stop eating solid food and drinking non-clear liquids after 10PM
- You must stop drinking clear liquids at least 4 hours prior to scheduled *arrival time* for surgery

### Patients with Delayed Gastric Emptying

- This condition can occur if you have diabetes, a hiatal hernia, gastroesophageal reflux (GERD), are pregnant, or if you are morbidly obese. If you have any of these conditions, please follow these guidelines:
  - You must stop eating solid food and drinking non-clear liquids after 10PM
  - You must stop drinking clear liquids at Midnight

### Patients undergoing Colonoscopy or Endoscopy

- Follow the instructions per your Gastroenterologist's office
- Do not eat or drink anything following your last bottle of prep solution

**A clear liquid is a liquid you can see through** – examples include: water, apple juice, carbonated beverages, black coffee or tea. **NOT** orange juice, milk, or coffee/tea with milk/cream/creamer or breast milk. Milk, cream and creamers, and breast milk **ARE NOT** clear liquids.

Patients who do not comply with any of the above guidelines may run the risk of having surgery postponed or cancelled.

### Regarding Your Medications on The Day of Surgery/Procedure

1. You may take your prescribed morning medications as usual with just a sip of water at least 2 hours prior to the procedure. **NOTE: it is especially important that you take specified high blood pressure medications and all heart medications.**
2. Exceptions are as follows:
  - a. If your surgeon, cardiologist, or anesthesiology team member has instructed you **not** to take a specific medication (e.g., blood thinners such as coumadin or aspirin) then do not take them as instructed.
  - b. If you are on a diuretic (water pill) please **do not** take it the morning of surgery.
  - c. Please use your inhaler as usual and bring it with you to your surgery or procedure.
  - d. **You must stop all weight loss pills one-week prior or your procedure will be cancelled.**

### If You Are A Diabetic

1. Please do not take your insulin or other oral diabetic medications as you will not be eating therefore your blood sugar may drop too low. Please continue to check your blood sugar as usual on the day of your procedure. If you have questions, you may call the anesthesia provider or your medical doctor for advice.
2. If your procedure is scheduled late in the day (e.g., after lunch), please call your medical doctor for more specific instructions or you may call the anesthesia provider office and ask to speak with a nurse for more specific instructions.

### What to Wear

1. Wear loose comfortable clothing and minimal jewelry.
2. Leave your contacts at home and wear your glasses. If you do not have glasses, please bring a lens case and solution with you.
3. Please bring your CPAP if you have sleep apnea.

### Other Instructions

1. You may brush your teeth the morning of your surgery or procedure.
2. Please do not drink any alcoholic beverages or smoke cigarettes for at least 24 hours prior to your surgery or procedure.

### Insurance Billing

Billing and insurance questions can be sent to [paabilling@ams-md.com](mailto:paabilling@ams-md.com).

**If you have not received a phone call from our pre-operative nurse three days prior to your procedure, or have questions regarding the above, please call 704-464-4439. The office is open Monday to Friday from 9:00 a.m. to 5:00 p.m.**