

# Pre-Anesthesia Guidelines

For your comfort and safety, the following instructions should be followed **completely** both before and after your procedure. Any decision not to follow these guidelines may result in cancellation of your procedure and forfeiture of your deposit

## Fasting Guidelines

Perhaps the single most important guideline to follow when undergoing anesthesia to avoid serious injury such as aspiration (food or liquid entering the lungs)

- Absolutely **no eating** of food or semi-solid food in the **8 hours** prior to anesthesia
- May drink **clear liquids** (water, gatorade, black coffee, sprite, etc.) up to **4 hours** prior to anesthesia (no drinking in the 4 hrs prior to anesthesia)

## Preparation

- Review guidelines and complete necessary intake/consent forms
- Get a full nights rest
- Shower and allow hair to dry
- Dress in loose, comfortable clothing (short sleeve top and sweat pants are optimal)
- Remove all jewelry, piercings, and makeup
- Remove contact lenses, hearing aids, glasses, etc. prior to the procedure and bring your storage case
- Bring a jacket or blanket (Procedure room may be cold)
- Arrive 15 minutes prior to procedure time to allow adequate time for physical exam and procedure preparation
- Bring any important medications

## Medications

It is recommended to take most medications as currently prescribed (especially blood pressure, heart, lung, acid reflux, and thyroid meds) the evening before and the morning of your procedure. Please provide us with a list of your medications and if we recommend withholding a medication we will let you know. If medication is required before your appt, it is recommended to take the pill with a very small sip of water.

- **Asthma/COPD:** If you have asthma or COPD and have used an inhaler/nebulizer within the last 6 months then it is important to administer a breathing treatment the night before your procedure and within 1 hour of your appointment. Please bring your inhaler with you to the office the morning of your procedure.
- **Diabetes:** The goal is to maintain your blood sugar at normal levels. When fasting, your oral diabetic medication or injected insulin doses may need to be reduced or withheld. We will discuss this with you. It is required to check your blood sugar before the procedure, so bring your glucometer.
- **Anticoagulants (blood thinners):** Please consult with your surgeon and/or prescribing physician to know whether you can continue or need to withhold these medications. Depending on the medication, they may need to be withheld anywhere from 24 hrs to 1 week prior to procedure.

## Escort

All patients undergoing anesthesia must be accompanied by a responsible adult. Your escort should be immediately available during your procedure and drive you home at the completion (no exceptions). Your escort should remain with you for the rest of the day.

## Change in health

Please notify us if there is a change in health leading up to the day of your procedure. Notify us if you develop a cold, fever, congestion, cough, pneumonia or any worsening of a current health problem. For your safety, you may need to be rescheduled to a different day.

## Smoking

If you smoke, it is recommended that you stop smoking at least 2 days prior to the procedure for your lung and airway health. Please do not smoke for at least 24 hours after the procedure. The longer you abstain the quicker your recovery may be.

# Post-Anesthesia Guidelines

## Recovery

Patients will recover for a period usually lasting 15-30 minutes. Typically you recover in the same location the procedure is performed. When it is determined that you are safe to go home, we recommend your escort assists you with walking and transferring because balance may be impaired. The anesthesia medications may take a few hours to completely wear off. We recommend you go straight home and take it easy.

## Eating and Drinking

Drinking liquids is important to avoid dehydration and constipation. However, do not eat or drink until you are completely awake and alert to avoid aspiration (food or liquids going into the lungs). Please start slowly with small amounts of liquids to make sure your stomach can tolerate it then progress to a full glass. Nausea and vomiting are not uncommon following anesthesia so take preventative measures. If you tolerate liquids then we recommend a slow progression to more solid foods such as applesauce, soup, Jell-O, or mashed potatoes. Please do not consume any alcohol or use any mind-altering drugs after your procedure, especially if you are taking any narcotic pain medication.

## Activity

We recommend you take it easy for the rest of the day. Reclining and catching up on your favorite TV show is encouraged. When you are moving from a lying or sitting position to standing, please take your time to avoid becoming light-headed or dizzy. If you do experience dizziness, please sit back down. Ask for assistance when climbing stairs. You should not drive, operate heavy machinery, or make any life-altering decisions for 24 hours.

## Medications

Resume your normally prescribed medications once you tolerate drinking fluids. Follow directions if you are prescribed any medications from the procedure. Over the counter pain medications such as ibuprofen and acetaminophen may help manage your pain levels and assist in your recovery.

**IF YOU OR YOUR LOVED ONE HAS DIFFICULTY BREATHING OR BECOMES UNRESPONSIVE CALL 911 IMMEDIATELY**

If you experience any problems that are not life-threatening and were not discussed above, feel free to call or email at:

719-301-1868  
info@comfort-anesthesia.com