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Instructions for patients receiving Intravenous or Inhalation Anesthesia

Before surgery:

- **Nothing to eat or drink for 8 hours prior to your appointment.** The safe administration of any anesthetic is based on the patient having any empty stomach. Should you forget and take any food or drink, notify the doctor or the office staff before your procedure. There may be exceptions in rare circumstances:
 - No exceptions**
 - Prophylactic antibiotics – consistent with the recommendation of the American Heart Association, take the prescribed antibiotic one hour before your appointment. Swallow with several ounces of water only.**
 - Current medication – take the following medication with several ounces of water at your usual time of morning:**

- If your health has changed since your consultation, please inform the surgeon. This would include any new fever or cough, or if you now have reason to believe that you are pregnant. If you feel that you have a cold, flu or significant nasal congestion, please call in advance, if possible.
- Please wear a loose-fitting shirt with sleeves that will allow a blood pressure cuff to be placed comfortably.
- Please remove your contact lenses before your appointment.
- Please remove any metal piercings from the lips or mouth prior to your appointment.
- Please remove nail polish or artificial nails on your right and left index fingers prior to your appointment.
- If you smoke, please refrain from smoking on the day of your appointment. It is preferable to avoid smoking for up to 48 hours prior to your appointment if possible.
- **You must be accompanied for your appointment by a responsible adult.** If the patient is a minor, he or she must be accompanied by a parent or guardian.

After surgery:

- For 24 hours after an Intravenous anesthetic, you should not drive a motor vehicle, operate hazardous machinery, or make important decisions. While most patients may notice few residual effects after several hours, your alertness and ability to respond properly may be impaired from the intravenous medications you received.
- Similar precautions are advised for the period that you may be taking narcotic medications prescribed for you.

Patient (Parent or legal guardian if patient is a minor)

Date

Witness

Date