



physicians' surgery center

General Anesthesia Pre-Visit Instructions

- **If you are actively sick with a fever or flu-like symptoms, please call us to reschedule.**
- **DO NOT eat or drink after 11:59pm the night before your procedure** (unless otherwise instructed by your physician). This includes no smoking, chewing gum, or eating mints. You may brush your teeth the morning of surgery, but **DO NOT** swallow any water.
- **Shower with antibacterial soap OR the scrub provided by your physician on the morning of your procedure** to minimize the risk of infection. Avoid using lotions and powders.
- **Please bring your photo ID, insurance information and payment with you when you check in for surgery.**
- You will not be allowed to drive for at least 24 hours following your procedure; therefore, you will need a responsible adult (over the age of 18) to drive you home. **We ask your responsible party to remain at the surgery center or provide a cell number to contact them. This will allow your doctor or the clinical staff to provide instructions and information regarding your procedure and post-operative care if necessary.** Taxi, Uber or Lyft transportation is **NOT** permitted unless you are accompanied by a responsible adult.

MEDICATION INSTRUCTIONS:

- **If you are DIABETIC**, please **DO NOT** take **ANY** short-acting insulin or other diabetic medications on the morning of your surgery.
- **If you use inhalers for asthma** please bring them with you.
- Please **ONLY TAKE** blood pressure, cardiac, thyroid, anti-thyroid medications OR the medications approved by your physician or anesthesia provider the morning of your surgery **with a small sip amount of water.**
- **DO Not take ACE Inhibitors (-pril drugs) the morning of your procedure:** examples include: Capoten (captopril), Vasotec (enalapril), Prinivil, Zestril (lisinopril), Lotensin (benazepril), Monopril (fosinopril), Altace (ramipril), Accupril (quinapril), Aceon (perindopril), Mavik (trandolapril), Univasc (moexipril)
- **Do NOT take ARBS (-sartan drugs) the morning of your procedure:** examples include: azilsartan (Edarbi), candesartan (Atacand), eprosartan (Teveten), irbesartan (Avapro), telmisartan (Micardis), valsartan (Diovan), losartan (Cozaar), and olmesartan (Benicar).
- **MAKE sure you DO TAKE Beta Blockers (-olol drugs):** Acebutolol (Sectral), Atenolol (Tenormin), Bisoprolol (Zebeta), Metoprolol (Lopressor, Toprol XL), Nadolol (Corgard), Nebivolol (Bystolic), Propranolol (Inderal, InnoPran XL)
- Leave all valuables at home and wear loose comfortable clothing. No jewelry, perfume, makeup, or lotion.
- **DO NOT** consume alcohol 24 hours prior to surgery. **DO NOT** smoke 12 hours prior to surgery. These substances can cause you to have adverse reactions to anesthesia and medications.
- If you have an Advanced Directive/Living Will, please bring a copy with you.
- If you have any questions regarding any of the above information, please contact the pre-op desk at 913-384-9600 Ext 1

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