

# Pre-anesthesia Patient Instructions

**On the day of your procedure, you must have a responsible adult accompany you to the appointment and they must be able to stay with you the rest of the day. You cannot go home in an Uber, taxi, or bus alone. If you do not have a responsible adult accompanying you, your procedure will be canceled.**

## **Diet-you must follow these instructions or your procedure will be canceled**

- You must stop eating solid food and drinking non-clear liquids after 10PM
- You must stop drinking clear liquids 4 hours prior to your procedure

## **Patients with Delayed Gastric Emptying or anyone taking: Trulicity, Saxenda, Victoza, Wegovy, Rybelsus, Ozempic Mounjara, Byetta or Adlyxin**

- This condition can occur if you have diabetes, a hiatal hernia, gastroesophageal reflux (GERD), are taking weight loss medications or if you are overweight. If you have any of these conditions or are taking any of these medications, please follow these guidelines:
  - You must stop eating and drinking after 10PM the night before your procedure
  - If you take one of these medications once weekly, stop it 1 week prior to your procedure
  - If you take one of these medications daily, stop it 1 day prior to your procedure
  - Please contact your prescribing physician to discuss any concerns about stopping the medication

**A clear liquid is a liquid you can see through** – examples include: water, apple juice, carbonated beverages, black coffee or tea. Orange juice, juice with pulp, milk, or coffee/tea with milk, cream, creamer or breast milk are not clear liquids.

## **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 medications one week prior or your procedure may be canceled.
  - e. If you have questions, please call our office at 704-464-4439 option 1

## **If You Are A Diabetic**

1. Please call the preop nurse at 704-464-4439 option 1 for specific instructions on how to manage your diabetes medications.

## **What to Wear**

1. Wear loose comfortable clothing and minimal jewelry.
2. 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.

Please call 704-709-2427 with any billing questions.

You can reach Providence Anesthesiology Associates-Mobile at 704-464-4439.