

## **IMPORTANT INFORMATION FOR INTRAVENOUS ANESTHESIA OR GENERAL ANESTHESIA**

**INTRAVENOUS SEDATION:** Medications are given intravenously in your arm or hand, which will cause total relaxation and although you will not be completely unconscious, there will be very little recollection (if any) of the events surrounding surgery.

1. **Do not eat any heavy foods (fried foods, fatty foods, meat, protein shakes, protein water, milk, cream, oatmeal, butter, cheese) for (8) hours prior to surgery. (6) hours prior to surgery, you may have a LIGHT MEAL consisting of plain dry toast or a banana – these are the ONLY options.** It is important, however, that you take any regular medications (high blood pressure, antibiotics, etc.) or any pre-medication prescription that we have provided (**using only a small sip of water, enough to get the pill down**).
  - a. **Up to (2.5) hours before surgery, you may ONLY have these clear liquids:**
    - i. Water, Sprite, apple juice, Jell-o, black tea, Gatorade or black coffee (meaning **NO MILK, CREAM, OR SUGAR**).
    - ii. Anything else is considered food and will result in cancellation of surgery for safety reasons.
2. **\*\*\*Patients who are taking GLP-1 agonists such as Ozempic (semaglutide) or Trulicity (dulaglutide) do not take this medication 10-14 days prior to surgery. Do a liquid for the 24 hours leading up to surgery.\*\*\***
3. **You MUST have someone drive you home.** This person must remain in the lobby during surgery. **Uber/Lyft is not acceptable. Your driver needs to be able to take care of you medically.** A \$150 charge will be incurred if escorts delay your pickup from surgery.
4. Plan to rest for the remainder of the day. Do not operate power tools/machinery for (24) hours after surgery.
5. **Wear a short-sleeve shirt to allow access for IV placement, and long pants (leggings, sweats, pajama pants).** Avoid light colored shirts.
6. Remove any nail polish to avoid interference with the pulse ox monitor. Do not wear contact lenses.
7. If you have long hair, wear hair in a single braid, pig tail braids, or low regular pig tails so that your head fits comfortably in the fitted head rest of the surgery chair.
8. If the patient is to take oral Versed, the Versed must be consumed within (10) minutes of the appointment start time. If the patient is non-compliant, the surgery will have to be rescheduled and possibly conducted at the hospital instead.
9. **Videos and pictures, including those taken on cell phones, are not allowed anywhere in the office.** This is to comply with HIPAA regulations and to protect everyone's privacy, including the staff.

10. Only patients are allowed past the waiting room during surgeries in order to protect the sterile environment in the operatories, and to allow our entire staff to focus on the care of the patient.
11. Abstain from any recreational drugs or alcohol, for (24) hours before your appointment as they may have harmful or even life-threatening side effects when combined with anesthesia.
12. **Abstain from ANY form of marijuana for (2) weeks prior to surgery.** This may have life-threatening effects when combined with anesthesia.

### **Prescriptions**

- Due to pharmacies' unpredictable inventory and staffing problems, obtaining prescriptions can sometimes be a frustrating process.
- Prescriptions are determined based upon the outcome of the procedure. Therefore, prescriptions are not provided ahead of surgery. Patients are given long-lasting numbing medications during surgery, so prescription pick-up is not urgent. Most prescriptions do not start until the day after surgery.
- Due to DEA regulations, we cannot prescribe narcotics ahead of time due to the risk of surgery cancellations.
- Effective 7/1/23, narcotics must be sent electronically by law. Please provide your pharmacy of choice at surgery check-in so we can ePrescribe your prescriptions upon completion of surgery.
- Once a script is sent in, it cannot be duplicated. Due to inventory shortages, it is important you confirm your pharmacy has the medications in stock and if the pharmacy takes your insurance.
- Most patients can achieve successful pain management with Tylenol and Motrin alone, so filling the narcotic is optional.
- We prescribe medication based on medical necessity. We do not let insurance dictate what we prescribe. It is the patient's responsibility to find out any preauthorization requirement for prescription benefit coverage.