

ANESTHESIA INSTRUCTIONS

1. YOU WILL BE RECEIVING SEDATION FOR THE PROCEDURE YOUR DOCTOR HAS SCHEDULED. IT IS VERY IMPORTANT THAT YOU READ THE FOLLOWING CAREFULLY.
2. YOU MUST ARRANGE FOR A RESPONSIBLE ADULT (18 YEARS OR OVER) TO DRIVE YOU HOME. TAXI'S ARE NOT ALLOWED. IF TRANSPORTATION IS AN ISSUE THERE IS A SERVICE WE CAN REFER YOU TO.
3. WEAR LOOSE, COMFORTABLE CLOTHING SUCH AS A SWEAT PANTS & T-SHIRT. NO JEANS, METAL ZIPPERS, BRA HOOKS (SPORTS BRAS ONLY).
4. IF YOU ARE OF CHILD BEARING YEARS (15-50), A URINE PREGNANCY TEST WILL BE PERFORMED UPON YOUR ARRIVAL. PLEASE DO NOT EMPTY YOUR BLADDER PRIOR TO SEEING THE PRE-OP NURSE.
5. NO PRODUCTS CONTAINING MARIJUANA OR ALCOHOL SHOULD BE CONSUMED AFTER MIDNIGHT PRIOR TO THE PROCEDURE. (THIS INCLUDES SMOKING, VAPING, EDIBLE CONSUMPTION ETC.)

BEFORE THE PROCEDURE:

1. PLEASE FOLLOW THE DIETARY INSTRUCTIONS THAT HAVE BEEN GIVEN BY YOUR DOCTOR.
2. YOU MAY HAVE CLEAR LIQUIDS UP UNTIL 4 HOURS PRIOR TO YOUR PROCEDURE (NO MILK, DAIRY PRODUCTS OR ORANGE JUICE). **REFER TO YOUR DIETARY INSTRUCTIONS FOR EXAMPLES OF CLEAR LIQUIDS.
3. MEDICATIONS: TAKE YOUR MEDICATIONS AT LEAST 4 HOURS PRIOR TO THE PROCEDURE. THESE INCLUDE HEART, BLOOD PRESSURE, THYROID AND ANTI-SEIZURE MEDICATION. (CONTINUE TO WEAR YOUR NITROGLYCERINE PATCH IF PRESCRIBED BY YOUR DOCTOR.)
ASTHMA MEDS: TAKE INHALERS AS DIRECTED AND BRING WITH YOU.
4. BLOOD THINNERS: COUMADIN, PLAVIX, XARELTO, PRADAXA, PLETAL, EFFIENT, ASPIRIN. THESE MEDICATIONS MAY NEED TO BE STOPPED SEVERAL DAYS PRIOR TO YOUR PROCEDURE. PLEASE ASK YOUR DOCTOR.
5. DIABETICS: TO AVOID LOW BLOOD SUGARS, DO NOT TAKE YOUR PILLS ON THE MORNING OF THE PROCEDURE. YOU CAN RESUME THEM AFTER THE PROCEDURE WHEN YOU HAVE SOMETHING TO EAT. IF YOU TAKE INSULIN YOU SHOULD HOWEVER TAKE HALF THE DOSE AND BRING YOUR INSULIN WITH YOU.
CHECK YOUR SUGARS FREQUENTLY
6. DEFIBRILLATORS: IF YOU HAVE A DEFIBRILLATOR YOUR PROCEDURE WILL BE SCHEDULED AT ROBERT WOOD JOHNSON UNIVERSITY HOSPITAL.
7. SMOKERS: IT IS ADVISED THAT YOU DO NOT SMOKE AT LEAST 6 HOURS PRIOR TO THE PROCEDURE.

AFTER THE PROCEDURE:

1. THE EFFECTS OF THE SEDATION CAN PERSIST FOR 24 HOURS. YOU MUST EXERCISE EXTREME CAUTION BEFORE ENGAGING IN ANY ACTIVITY THAT COULD BE HARMFUL TO YOURSELF OR OTHERS (SUCH AS DRIVING A CAR). DO NOT MAKE ANY IMPORTANT DECISIONS, AND DO NOT DRINK ALCOHOLIC BEVERAGES DURING THIS TIME.
2. YOU MAY HAVE ANYTHING YOU LIKE TO EAT OR DRINK AFTER THE PROCEDURE. YOU WILL PROBABLY WANT TO START WITH SOMETHING LIGHT, AND PLENTY OF FLUIDS. AVOID ITEMS THAT CAUSE GAS (SALADS, SODA, ETC.)
3. IF YOUR PROCEDURE REQUIRED A METAL CLIP. NO MRI FOR 30 DAYS.
4. CONTACT YOUR PHYSICIAN SHOULD YOU HAVE ANY QUESTIONS OR CONCERNS.