



## Pre-anesthetic instructions

- 1. Do not eat or drink 8 hours prior to your procedure.** This includes: Water, coffee, coffee with cream, eggs, toast, milk, orange juice, apple juice, fruit, bacon, sausage. **In other words, this means all food.** Please call our office if you have any questions about this. **Remember, if you do not follow these instructions, we will cancel your procedure as these are absolute requirements set by the American Society of Anesthesiologists preprocedural guidelines.**
- 2. Please arrange for a ride (not a taxi or uber) to and from the office on the day of your procedure.** The ride may be a close friend or family member as well as official medical transport. You will not be able to drive home after receiving an anesthetic. You should not attempt to operate any machinery or attempt to make any important decisions the day that you receive your anesthetic. This also means that you should not return to work after your procedure/anesthetic is completed. Please call our office if you have any questions about this. **You will need to have your driver check in with you and provide their name and contact number so that they can be reached if necessary.**
- 3. You will need a responsible adult at home to care for you on the day of your procedure.** This will be necessary just in case you have any delayed complications from your procedure. Please call our office if you have any questions about this.
- 4. Please arrive at the office 30 minutes prior to your procedure time so that you may take care of any paper work and financial arrangements necessary.**