



Center for Pain and Headache Medicine

Guardian Medical Care

Pre-Operative Instructions – with Anesthesia/Sedation

For your comfort and safety, please follow these instructions carefully

PROCEDURE: _____ DATE: _____ TIME: _____

Preparing for Your Procedure

- DO NOT DRINK ALCOHOLIC BEVERAGES twenty-four (24) hours before your procedure and avoid heavy foods.
- Shower or take a bath with antibacterial soap daily for 7 days prior to your procedure.
- Please discuss any blood thinners or anticoagulant therapy with your doctor before your procedure. For example: Aspirin, Plavix, Coumadin, Warfarin, Fish Oil. You must consult with your prescribing physician for appropriate directions BEFORE stopping this medication.
- Notify the office if you have any scheduled upcoming surgeries.
- Notify the office if you had any recent injury or surgery.
- Notify the office if you are on antibiotics.
- Notify the office if you have any health concern come up or medications changes.
- NOTHING BY MOUTH BEFORE THE PROCEDURE - DO NOT EAT or DRINK ANYTHING (including coffee, water, candy, chewing gum or mints) for at least 8 hours before your procedure.

Day of Procedure Preparations

- NOTHING BY MOUTH BEFORE THE PROCEDURE - DO NOT EAT or DRINK ANYTHING (including coffee, water, candy, chewing gum or mints) for at least 8 hours before your procedure.
- Diabetic pills and/or Insulin –Do not take diabetic medicine in the morning of procedure.
- Diuretics (water pill) –take AFTER your procedure.
- Other Prescribed Medications –take your other prescribed morning medications (such as heart, thyroid, seizure, and/or blood pressure medications, etc.) with a small sip of water the day of the procedure.
- Shower with antibacterial soap prior to your procedure.
- You may have a light meal before the procedure if NOT receiving anesthesia/sedation for procedure.
- Arrive thirty (30) minutes before your scheduled appointment time. Patients that arrive late may have the procedure canceled.
- Please wear comfortable, elastic clothing.
 - Avoid dresses if possible
 - No wired bras if possible

Center for Pain and Headache Medicine

PH: 912-324-4080, FAX 912-324-4097

2060 Dan Proctor Dr, Ste. 3300, St. Marys, GA 31558

2600 Parkwood Dr, Brunswick, GA 31520

