

### **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:
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#### 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

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- If you are getting a neck injection, please have your hair up
- Use eye glasses instead of contact lenses.
- DO NOT SMOKE.
- Remove any jewelry, piercings, and contact lenses.
- Do not bring anything of value.
- Bring the following items with you to the procedure
  - Your glasses, including the case
  - A list of medication you are currently taking, including frequency and dosage
  - The names and phone numbers of two (2) emergency contacts
  - Your picture ID, insurance card, and form of payment if necessary
- Notify the office if you may have a cold, fever, or infection.
- **PREGNANT WOMEN** cannot receive anesthesia or x-rays unless the benefit will outweigh the risk. If a chance of pregnancy exists, a negative pregnancy test must be obtained prior to the day of surgery or your anesthetic will need to be canceled.
- A responsible adult MUST be available to receive instructions about your care and to drive you home from the procedure.Post-operative instructions will be given to you at the procedure.

\*\*If for any reason you need to reschedule and/or cancel your procedure please contact the office directly; cancellation/no show fees may apply\*\*

Patient Signature

Patient Printed Name

Date

Or person legally authorized to sign for the above-mentioned patient:

Signature

Printed Name

Relationship

Date

