

### **Surgery Day Guidelines**

**8 hours** before surgery: STOP ALL FOOD, MILK AND MILK BASED PRODUCTS

**Medications to take per normal routine: WITH A SMALL SIP OF WATER**

- \*Heart Medications – like Lanoxin/digoxin
- \*Blood Pressure Meds but NOT water pills
- \*Seizure Medications
- \*Diabetics – ½ long acting insulin
  - DO NOT TAKE oral hypoglycemic pills
- \*Antacids – Zantac, Pepcid

**IF YOU TAKE ANY OF THE FOLLOWING MEDICATIONS –Let us Know**

- \*MAO Inhibitors
- \*Diet Pills – Phenternamine, meridia, adipex, parnate
- \*Coumadin/Blood thinner
- \*St. John's Wort
- \*Ginko
- \*Kava Kava
- \*Metabolife/lite

#### **Anesthesia Orders**

1. No Labs for healthy children & adults.
2. BMP/Chem 7 for diuretics, electrolyte imbalance replacement, digoxin, diabetics.
3. Hgb/Hct for history of anemia or blood loss.
4. EKG for antiarrhythmics, beta-blockers for HTN, history of CAD, Type I DM or Type II if >40 y/o.
5. CXR for COPD.