



Patient Name: \_\_\_\_\_ Date of Service: \_\_\_\_\_

Procedure: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

**Food and Liquid Consumption:**

- If your procedure is before 12:00 pm, do not eat or drink after midnight – this includes candy, gum, and lozenges. If your procedure is after 12:00 pm, acceptable food and liquid consumption includes; two pieces of dry toast, water, and black coffee. **No food or liquid within 6 hours of your procedure time.**

**Medications:**

Medication may be taken as directed with sips of water at least 2 hours prior to your arrival time, with the following exceptions:

- Diabetic patients should **not** take their diabetes medication the morning of their procedure. Please bring your glucometer on the morning of your procedure.
- Patients on diuretics should **not** take medication the morning of their procedure.
- Patients on blood-thinning medication should ask their surgeon for instructions.
- Patients with asthma should bring emergency inhalers.
- Blood pressure medication(s) should be taken on the morning of your procedure.

**Alcohol and Tobacco:**

- No alcoholic beverages 24 hours prior to your procedure. Do not smoke the day of your procedure.

**Other Important Information:**

- A responsible adult **must** drive you home following the procedure. Your procedure will be **cancelled** if you do not have a driver. You may not leave in a taxi unless accompanied by an adult other than the taxi driver.
- We strongly recommend that someone stay with you for the first 24 hours following your procedure.
- Parents/legal guardians of patients must stay in the building until the patient is discharged.
- Do not wear jewelry, mascara, nail polish, or bring other valuables with you
- Wear loose clothing.
- Wear glasses instead of contact lenses.
- **You may or may not receive a call from your anesthesiologist the night before.**

Patient signature: \_\_\_\_\_

Date: \_\_\_\_\_