

Pre-Operative Instructions for MAC Anesthesia

The day of your procedure:

1. **DO NOT** have anything to eat or drink **8** hours prior to your procedure. You may drink clear fluids (water or apple juice) up to 4 hours prior to procedure. If this is not strictly followed, your anesthetic may have to be canceled.
2. You may take your regular prescription medications with a **SMALL** sip of water, unless otherwise directed by your physician. Such prescription medication include: heart, blood pressure, pain and seizure medications (If you have questions please call our office).
3. Please wear comfortable, elastic clothing.
4. For fasting diabetic patients, please hold your AM diabetic medications. Unless indicated otherwise by a physician.
5. Please arrive at your scheduled time unless instructed otherwise.
6. You must have someone present to drive you home after the procedure and to stay with you the rest of the day. If no arrangements for care of the patient are made, the procedure may be canceled. It is recommended
7. If you are scheduled for a Kyphoplasty or Vertebroplasty please take your scheduled pain medications prior to procedure with a small sip of water and bring pain medication with you to your procedure.

Patients must arrive at the scheduled time. Patients that arrive late may have the procedure canceled.

You **MUST** arrange to have a responsible adult companion physically present in the Post Anesthesia Care Unit at the time of your discharge to escort you home. If this is not clearly established prior to your procedure, your anesthetic may have to be canceled. It is recommended not to operate or drive a vehicle for twenty-four hours after your procedure. It is also not recommended to sign any important documents or make any important decisions twenty-four hours after the procedure.

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.

You should inform your physician if you are taking any blood thinners such as **Aspirin, Coumadin, Pradaxa, Xalerto, Warfarin, Pletal, Effient, Plavix, Advil, Motrin, Aleve, Vitamin E or Fish Oil**. These medications are usually stopped for several days prior to any procedure because they can cause an increased chance of bleeding. Coumadin, Pradaxa, Effient, Xalerto and/or Warfarin patients may need to have an alternate medication, such as Lovenox, for a few days and should carefully follow the prescribing physician's instructions regarding this medication. Please check with our office before taking any medication the day of the procedure.