



## Anesthesia Pre-Op Instructions

Patient Name: \_\_\_\_\_  
Procedure Date: \_\_\_\_\_ Procedure Type: \_\_\_\_\_

- **You must bring a responsible adult over the age of 18 to drive you home. You may NOT use UBER, LYFT, or Taxi Service. This person should also be able to stay with you for the first 4 hours after your procedure.**
- Payment will be due on the day of the procedure.
- Please make sure you update us with any new medication changes or new allergies.
- **Please notify us if you are on any antibiotics for an active infection, have a current infection of any kind, or have had a fever recently in the last 72 hours.**

### Before Your Procedure

- **Stop any anti-inflammatory medication / blood thinners up to seven days (see below) prior to your procedure, unless otherwise directed by the physician.**
  - **Blood Thinners**
    - **7 Days:** Warfarin (Coumadin, Jantoven), Aspirin (Aggrenox, ASA-Dipyridamole), Plavix (Clopidogrel), Prasugrel (Effient), Omega-3 (Lovaza, Fish Oil)
    - **5 Days:** Brilinta (Ticagrelor)
    - **4 Days:** Pradaxa (Dabigatran, Etexilate)
    - **3 Days:** Eliquis (Apixaban), Savaysa (Edoxaban), Xarelto (Rivaroxaban)
    - **2 Days:** Cilostazol (Pletal), Enoxaparin (Lovenox)
  - **Anti-Inflammatories (NSAIDS)**
    - **7 Days:** BC Powder
    - **6 Days:** Nabumetone, Relafen
    - **4 Days:** Mobic (Meloxicam), Celebrex (Celecoxib), Naprosyn (Naproxen), Diclofenac, Etodolac
    - **1 Day:** Advil, Aleve, Ibuprofen, Motrin
  - **Semaglutides**
    - **7 Days:** Ozempic, Rybelsus, Wegovy, Dulaglutide, Exenatide, Mounjaro, Trulicity, etc.
- Please wear loose, comfortable clothing, sweats, or shorts. You will be asked to change into a hospital gown.
- Please leave any metal jewelry, glasses, contacts, phone, or hearing aids with your driver.
- For those with a **spinal stimulator**, please make sure it is either off or in surgery mode at the time of your procedure.
- **Please do not drink anything for 8 hours prior to your scheduled procedure time. This includes water, gum, mints, and tobacco products!**

### Anesthesia Fee

- If you have the following insurances, you will be responsible for a **\$150 insurance fee** as our anesthesiologist is out-of-network with your insurance company.
  - Blue Cross Blue Shield, Aetna, Scott & White, Humana, Ambetter, Healthsprings