

- 2809 W. Charleston Blvd., Ste. 100 Las Vegas, NV 89102 **(Enter West Side of Building)**
  - 1569 E. Flamingo Road, Las Vegas, NV 89119 **(Enter North Side of Building)**
- Phone#: (702) 476-1800 Fax#: (702) 476-9500

**Procedure Date:** \_\_\_\_\_ **Arrival time:** \_\_\_\_\_  
(Arrival time is subject to change)

### PRE-PROCEDURE INSTRUCTIONS FOR ADULTS

*Your planned procedure will involve sedation under the supervision of an anesthesiologist. In order to safely care for you, please follow all instructions below:*

1. It is important that you take **ALL** prescribed medications the night before and the morning of your procedure. The exceptions are:
  - **Aspirin and Blood Thinners:** Please refer to the Anticoagulation Guideline that has been provided to you. The timeframe to stop anticoagulants is different for epidurals & stimulators, then that for facets. Speak with your primary care provider (PCP) prior to stopping anticoagulants.
  - **Insulin and all Diabetes Medications:** See instructions sheet for diabetic patients.
  - **Vitamins and Herbal/Homeopathic Supplements:** Discontinue these the night before and the morning of your procedure.
2. Please ensure that you take your antihypertensives (high-blood pressure medications): Take your morning dose with a sip of water when you wake up. If your blood pressure is elevated, your procedure may be cancelled.
3. If you have been taking antibiotics for a recent illness, you need to complete the regimen prior to undergoing your procedure.
4. It is important that you follow the instructions regarding eating and drinking carefully, to ensure the highest safety. Please adhere to the following:
  - **Last Meal Before Surgery:** No solid foods within 6 hours of your procedure, this includes gum, candy, or mints. No meats, fried foods, or fatty foods within 8 hours of your procedure.
  - **Last Clear Fluids Before Surgery:** No clear liquids within 4 hours of your procedure. You may swish and spit water to moisten your mouth.
  - **Risk:** Having food or liquids in your stomach at the time you are placed under anesthesia puts you at risk for **ASPIRATION PNEUMONIA**. This occurs when stomach contents flow into the lungs, which can be deadly.
  - **If you Need to Take Medications:** Take with 2oz. of water – no milk or juice. You need to brush your teeth and gargle with mouthwash.
  - **Asthma:** If you have asthma bring your inhaler the day of your procedure.
5. It is necessary to arrive at the time given to you for your appointment. This allows review of all paperwork, changing into pre-procedure attire and starting of an IV.
6. Eye makeup, especially mascara, is discouraged because it may cause particles to get trapped in the eyes during anesthesia when natural tearing and blinking do not occur. Corneal abrasions (scratches) can result.
7. If you have artificial nails, please have 1 nail without nail polish, acrylic, or gel. This will allow our monitor to clip to your finger and read how well you are being oxygenated.
8. Wear clean loose, comfortable clothing that is easy to remove and put back on. Avoid large belts, jewelry, watches or bringing valuables with you. You must shower with antibacterial soap the morning of your procedure.
9. Bring your identification and insurance cards.
10. **You must have a responsible adult/driver** if you are having sedation. Please advise them that they will need to wait in our facility.