



## PRE-ANESTHESIA INSTRUCTIONS

### 1-2 Weeks Before Your Procedure

- Send an email to Northwest Anesthesia Solutions to arrange a time convenient for you to have a phone call with your scheduled anesthesia provider. The calls usually take 10-20 minutes, and we will go over your medical history and answer all your questions.

### 1-3 Days Before Your Procedure

- Try to drink extra water to maintain good hydration.
- **PEDIATRIC PATIENTS:** need to be accompanied by their legal guardian. Additionally, they need to be carefully monitored at home by an adult for 24 hours after the procedure. Please ensure you plan accordingly.
- **ADULT PATIENTS:** Remember that you will need a responsible adult to drive you home and watch you for the remainder of the day after the procedure; they should stay with you at least 8 hours following the procedure, but we recommend having this person be available to assist you for 24 hours after your procedure. Confirm your arrangements.
- Take your regular medications, including the night before your procedure.
- If you take insulin or certain types of blood pressure medications, there may be special considerations. Please contact Northwest Anesthesia Solutions in advance to discuss these medications.

### The Morning Of Your Procedure

- Take your regular morning medications with a small sip of water, unless instructed otherwise.
- If you have an inhaler, please bring it.
- If you are diabetic, please check your blood sugar in the morning, and bring your glucometer with you to your appointment.
- If you are a female under the age of 52, please take a home pregnancy test the morning of your appointment. (unless you have had a hysterectomy in the past)
- Do not eat **ANY food for at least 8 hours** prior to your procedure.
- You may drink **only clear liquids** (black coffee NO cream, tea, water, etc) the morning of your procedure. **Do not drink ANYTHING for at least 2 hours** prior to your procedure. (example: Procedure scheduled for 10am, you may drink black coffee or water in the morning, but nothing after 8am)



[www.nwanesthesiasolutions.com](http://www.nwanesthesiasolutions.com)

info@nwanesthesiasolutions.com

phone 971-349-0232

fax 971-229-4237

- **If you (or your child having the procedure) have not properly fasted, your case will either be delayed or cancelled. You will be charged for your case if it is cancelled due to failure to properly fast.**
- Do not wear contact lenses or any jewelry to your appointment. Do not wear any makeup. Please clean nail polish off at least one fingernail; this is important for one of our monitors.
- Arrive at your appointment 20 minutes ahead of time, in order to fill out any paperwork and allow for your anesthesia provider to go over everything.
- Please use the restroom upon your arrival to the dental office.

#### **Other**

- Contact your providers if you are developing a cold, fever, or flu-like symptoms leading up to your procedure. Your appointment may have to be rescheduled.

**If at any time before and after your procedure you have more questions regarding the anesthesia, feel free to leave us a message by phone or email.**