



## Indiana Office-Based Anesthesia

### Preparing for your Appointment

Please review the following preoperative instructions carefully. *Failure to observe these points will likely result in having to reschedule or delay your appointment.*

**F**ASTING PRIOR TO THE APPOINTMENT.

No food of any kind can be consumed for at least *eight hours* before the appointment. This includes mints, cough drops, chewing gum, hard candy, breath mints, etc. The following table will help to identify the time to start withholding food.

If your appointment is scheduled for:	No food can be consumed after:
7 am	11 pm
8 am	12 midnight
9 am	1 am
10 am	2 am
11 am	3 am
12 noon	4 am
1 pm	5 am
2 pm	6 am
3 pm	7 am
4 pm	8 am

**W**HAT FLUIDS CAN I DRINK PRIOR TO MY APPOINTMENT?

Water can be consumed **up to 2 hours prior** to the appointment. No other type of liquid can be consumed.

**C**LOTHING.

Please wear short sleeve shirt or wear a have short sleeve undershirt. Jewelry should be left at home. Nail polish should be removed. Tight fitting undergarments should be avoided.

**W**HAT IF I GET SICK PRIOR TO THE APPOINTMENT?

Please call us if you develop a runny nose, cough, allergy symptoms, or any other acute health problem between today and your appointment. These symptoms might cause delays or prevent us from performing the procedure.

**S**CHEDULING.

We must be able to contact you the day before and day of your appointment. Unexpected, unavoidable changes in appointment times occasionally occur on the day of treatment. Please be prepared to adjust your schedule on the day of treatment/surgery.

Please list contact names and phone numbers.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Alternate: \_\_\_\_\_

Phone: \_\_\_\_\_