



## **Outpatient Surgery Pre-Operative Instructions and Preparation Checklist**

NPO Guidelines: (Nothing by mouth) Both general and local anesthesia patients should follow the same guidelines regarding eating and drinking:

1. No solid food after midnight the night before surgery.
2. You may have clear liquids (water, apple juice, tea and 7-up) until 4 hours before surgery. If you have diabetes, gastric disorder, or you are pregnant you must not have anything at all after midnight. If you do not follow these instructions your surgery may be canceled.
3. Special instructions from the surgeon, anesthesiologist or the nurse about taking medicine, eating or drinking before surgery may be given to adult, adolescent and pediatric patients. You must follow those specific instructions or your surgery may be canceled.
4. If you are a diabetic and take insulin, do not give yourself a morning dose, as you will not be eating or drinking. We will give you one-half your usual dose the morning of your surgery. (Bring your insulin to the hospital.)
5. Make arrangements for a responsible adult to be at home with you for 24 hours following anesthesia or sedation. You must have an adult drive you home.
6. Shower or bathe before coming to the hospital. You may brush your teeth, be careful not to swallow water.
7. All valuables should be left at home, including any jewelry.
8. Contact lenses of any kind may not be worn to surgery. You should bring the lens case to the hospital.
9. No luggage, pajamas, or slippers are required. Pajamas and slippers will be provided.
10. Visitors are limited to one adult, and both parents may visit their child. Children 12 years and under are not allowed to visit the outpatient care units.