



Contact us:

→ Phone or Text: 832-377-7648 (leave a message)

→ Email: avantianesthesia@gmail.com

→ Website: www.avantianesthesia.net, "contact us" at the top right

Avanti Anesthesia, PA

PRE-ANESTHESIA INSTRUCTIONS

- Wear comfortable, loose-fitting clothing and leave all valuables at home.
- Do not wear any jewelry, makeup, false eyelashes, hairspray, barrettes, or hairpins.
- Body piercings should be removed and left at home.
- If you wear contact lenses, please leave them at home and wear glasses the day of surgery.
- A responsible adult **MUST** drive you home and stay for the remainder of the day. It is recommended they stay with you for 24 hours. An uber, taxi, bus or paratransit driver cannot be considered a responsible escort.

POST-ANESTHESIA INSTRUCTIONS:

Be prepared to finish your recovery at home. Patients often experience drowsiness and minor after-effects, including dizziness or headaches and nausea. Vomiting may also be present but is less common. These side effects usually decline rapidly in the hours following surgery, but it may take several days before they are gone completely. Some patients do not feel up to their typical activities the next day, usually due to general tiredness or surgical discomfort. Plan to take it easy until you feel back to normal. Know that a period of recovery at home is common and to be expected.

Notify your surgeon's office if you noticed any change in your physical condition such as a cold, fever, rash, nausea, vomiting, diarrhea, or other illness.

If you are taking any GLP1 medications such as Ozempic, Mounjaro, etc., Notify the office and follow instructions on page 2.

Regularly prescribed medications may be resumed as tolerated. There are no food restrictions but eating bland foods for your first meal after anesthesia is recommended. Progress to a regular diet as tolerated.

EATING/DRINKING/MEDICATIONS

MORNING SURGERY:

- Do NOT consume food or liquids after midnight. This includes candy, lozenges, mints, or gum.

AFTERNOON SURGERY:

- Do NOT eat any food after midnight.
- You may have 8oz of the following up until 4 hours before your scheduled arrival time: water, plain coffee & tea (no sugar or sugar substitutes, milk or milk substitutes), DIET Sprite/7Up, DIET cranberry/apple juice

BOTH:

- Daily medications should be taken with a sip of water EXCEPT DO NOT take diabetes medications or other medications as directed by your surgeon.
- You are allowed to brush your teeth.
- Avoid the use of alcohol, tobacco, and recreational drugs for 24 hours before surgery.

For 24 hours after your procedure, **DO NOT:**

- Drive a car, operate machinery, or power tools.
- Drink alcohol
- Use recreational drugs, tranquilizers, antihistamines, or sleep medications.
- Make important decisions or engage in activities that require clear thought or judgment.
- Walk or use stairways without assistance.
- Care for small children without assistance.

CALL 911 IN CASE OF EMERGENCY

Call your surgeon if you have:

- Nausea / vomiting that won't stop.
- Intolerable pain.
- Excessive bleeding.
- Fever of greater than 101°F.
- Any other questions or concerns after surgery.



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GLP-1 Medication Instructions:

- Please be advised if you take a GLP-1 medication that you need to:
 - Consume nothing but a liquid diet for the 24 hours prior to your procedure
 - Water and ice
 - Clear juices WITHOUT pulp
 - Coffee and tea - NO milk, cream, or milk substitute
 - Sports drinks – Gatorade/Powerade
 - Bubbly seltzer drinks
 - Clear soft drinks
 - Ice pops without pulp or solid pieces
 - Jello
 - Clear broth or bouillon (NO bone broth)
- Please note that alcohol is not permitted***
- If you are unable or unwilling to do the liquid diet, you need to stop the medication at least 3 weeks prior to your procedure and then follow the normal fasting guidelines.
- If you take the GLP-1 for diabetes and you are concerned about your blood sugar, please consult your prescribing physician for management.
- The GLP-1 medications include the following however new ones continue to emerge and it's your responsibility to know if you are taking a GLP medication:
 - Semaglutide (Ozempic, Wegovy, Rybelsus)
 - Tirzapatide (Mounjaro, Zepbound)
 - Dulaglutide (Trulicity)
 - Exenatide (Bydureon, Byetta)
 - Liraglutide (Victoza, Saxenda,)
 - Albiglutide (Emgality)
 - Lixisenatide (Adlyxin, Soliqua, Xultophy)
 - Retatrutide