Anesthesia Instructions

****Fasting Instructions****



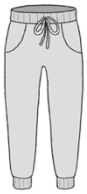
- *****NOTHING TO EAT OR DRINK ** after 10PM*** the day before the procedure
- WITH THE EXCEPTION OF *****CLEAR LIQUIDS ONLY***** which MAY BE CONSUMED up until ***3 HOURS*** **(ONLY Water, Apple Juice, or Gatorade)**
- **DO NOT CHEW GUM OR SUCK ON CANDY** the morning of your procedure

****Medications****



- Please take your medications at the times discussed with the doctor with a **SMALL SIP OF WATER. If you have any questions, please contact us at 919 – 480 - 1411**

****Clothing & Accessories****





- Wear **comfortable, loose-fitting clothing** with **short sleeves** (T-shirt preferred).
- Avoid wearing **makeup, nail polish, jewelry, or contact lenses** on the day of the procedure. We will need access to your arms and hands during the procedure.

****Transportation****



- A **responsible adult (18+)** must accompany the patient to and from the appointment.
  - For **children**, a **legal guardian** must remain on-site during the procedure.
  - Please ensure your escort brings something to occupy their time
    - (e.g., book, tablet, laptop), as the visit may take several hours.

****Health Updates****



- Please contact us **before your appointment** if you or your child experiences:
  - Fever, cough, sore throat, or flu-like symptoms
  - Chest pain or shortness of breath
  - Any new medications or changes in dosage
  - Recent hospitalizations, ER visits, or changes in health status

****Questions? ****

- Please call us at **919-480-1411** if you have any concerns before the appointment.