



Pre-Operative Guidelines

PATIENT SELECTION: MINIMUM age of 1 year of age.

No Patients with ESRD.

Obesity: Maximum BMI Limit of 40.

FASTING: **Food:** Do not Eat Anything after Midnight.

Liquids: May Have Up to **4 ounces** (Half Cup) of water or Black Coffee (No Sugar or Milk) up to 2 hours Prior to Procedure.

Infants on Breast Milk NPO for 4 hours, On formula 6 hours.

Medications:

Day of Surgery: CONTINUE to take ALL morning medications **EXCEPT :** Metformin, Diuretics.

INSULIN MANAGEMNT DAY OF SURGERY: Must call PCP or Endocrinologist on how much insulin to take day of surgery. Typically it is 1/3 to 1/2 of Normal Morning Insulin.

Sugar must be less to 300 to do surgery.

One week prior to surgery:

Stop all Weight-loss products (**Phenteramine**) and nutritional or herbal supplements. (**Garlic, Vit E, St. John's Wort**)

Stop all recreational drugs like Marijuana, cocaine.

Blood thinners: The decision to continue or discontinue any **Blood Thinners** should be managed by surgeon and physician prescribing the medication. Recommendation is stop these medications and NSAIDS is to stop them **1 week prior** to procedure. Check with physician prescribing them before stopping therapeutic blood thinners like Plavix, Aspirin.

Two Weeks before Surgery:

Stop all Monoamine Oxidase Inhibitors (MAO Inhibitors)- Must Speak to PCP on stopping these as they must be weaned off and not stopped abruptly. , SEE MEDICATION LIST.

Preoperative Testing

EKG must be less than 1 year of age.

Patient Type	Clearance	What to order
Healthy Age 0-65		H&P
Healthy 65-80		H&P EKG
Healthy 80 and over	Medical Clearance	H&P EKG
CAD, CHF, Cardiomyopathy	Cardiac Clearance	H&P EKG CBC BMP
Hypertension		H&P EKG BMP if taking Diuretics or Ach-inhibitors
Peripheral Vascular Disease		H&P EKG CBC
COPD		H&P EKG CBC
Renal Disease		H&P EKG CBC BMP
Diabetes		H&P EKG CBC BMP
Liver Disease		H&P EKG CBC BMP LFT PT/PTT/INR
Bleeding History		H&P EKG CBC BMP LFT PT/PTT/INR
Seizure within 6 months of Surgery	Neurology Clearance	H&P
CVA or TIA within 6 month of Surgery	Medical Clearance	H&P EKG CBC
Pacemakers / Defibrillators		H&P EKG -Device Type, Manufacturer, Model -Last Date it was interrogated -If non-magnet responsive contact company representative to come DOS