

ADULT GUIDELINES FOR PREOPERATIVE

1. NPO for an Adult (> 12 yrs of age) is 6 hours for clear liquids and 6 hours for solids.
2. A patient who is NPO after midnight can take pain pills up to One (1) hour prior to surgery.
3. Same rules regarding NPO status apply to patients who are having procedures by MAC, REGIONAL BLOCK, and STAND-BY.
4. The following medications may be administered with sips of water, not to exceed 2 ounces.

<u>Anti-hypertensive</u>	<u>Anti-arrhythmic</u>	<u>H2 Blocker</u>	<u>Anticonvulsant</u>
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Amlodipine	Amiodarone	Cimetidine	lamotrigine
Valsartan	Digoxin	Famotidine	Depakote
Benicar	Flecainide	Ranitidine	Carbamzaepine
Diovan	Pacerone	Axid	Valproic Acid
Exforge	Sotalol	esomeprazole	
Hyzaar	Verapamil		
Avapro	Diltiazem		
Adalat	Rythmol		
Nifedipine			
Plendil			
Procardia			
Bystolic			
Labetalol			
Atenolol			
Linsionopril			
Benazepril			
Captopril			
Enalapril			
Quinapril			

******NO DIURETICS******

Take antibiotic, hormones and prescribed inhalers, long acting opioids.

5. Insulin is administered at ½ the NORMAL dose for night time and NONE morning of surgery.
6. No oral hypoglycemic medication day of surgery.

Metformin, glyburide, glipizide, Actos, Vanadamet, Janumet, Prandin
7. No Aspirin, anticoagulant, NSAIDS, fish oil, seven days prior to surgery.
8. No Vitamins, herbals 7 days prior to surgery.
9. Bring Inhalers.