

INFORMATION

The morning of your surgery you will be seen and asked questions by many people. You will be asked many times what your name is and what surgery you are having done. This is for safety reasons to make sure we have the **correct person** having the **correct operation**.



The Anesthesiologist or CRNA will also visit with you. You will be asked questions about your health, the medications you take, if you have

allergies, and what time you last ate and drank. It is helpful to **bring a list of your medications**, (including non-prescription medications and herbal supplements), especially if it's more than one or two or if they have names that are hard to pronounce.

Also, remember to ask questions about your surgery and the type of anesthesia you will be receiving. We want you to be informed about your health and healthcare, and confident with our care.



SUMMARY

In summary, **do not eat or drink after midnight** the morning of your surgery unless told otherwise by your doctor. If your doctor tells you to take any of your **regular daily medications** the morning of your surgery, for instance blood pressure pills, **take them with just a sip of water**.



Bring a list of all your medications (including nonprescription medicines and herbal supplements) and previous surgeries and tell your anesthesiologist if you've had problems with anesthesia before. The different types of anesthesia will be discussed with you before you go into surgery.



Your health and safety are our responsibility and we will treat you to the best of our ability so you can get home to your loved ones as safely and quickly as possible.

GREAT PLAINS
REGIONAL MEDICAL CENTER

**INFORMATION
ABOUT ANESTHESIA
FOR ADULTS
HAVING SURGERY**

Michael E. Fossler, MD



ANESTHESIA

The word “**anesthesia**” is most commonly used to mean you are going to “**go to sleep**” to have an operation. The medical term for this is **general anesthesia**. Not all operations require that you actually go to sleep; sometimes just the part of your body that is being operated on can “go to sleep.”

An example of this would be, if you hurt your hand badly and needed an operation to fix it; we can give you medications and have just your hand “go to sleep” for the operation.

It is similar to having a tooth pulled; you are awake, but do not feel pain. This type of anesthesia is called **regional anesthesia**. However, if your appendix needed to be removed, you would most likely go to sleep or be given **general anesthesia** for this type of operation.



SPECIALISTS

Anesthesia can be provided by two types of specialists:

- a doctor called an **Anesthesiologist**, or
- a special nurse called a **CRNA**, (Certified Nurse Anesthetist)

These specialists have received years of schooling and training in order to do these types of procedures.



A SAFE PROCEDURE

The goal of having anesthesia is to provide you **safe, pain-free surgery that you will not remember**. This allows the surgeon to operate while you “sleep.” The entire time you are “sleeping,” your heart rate, breathing, and other vital signs will be monitored. This includes whether or not you are asleep. The specialist giving you anesthesia will be with you from the moment you go to sleep until you wake up after surgery.

Modern anesthesia is very safe. The modern medications commonly used do not make people as sick to their stomach as the medications used years ago, and they are much safer.

However, some individuals who get sick on a boat or in a car still may get sick after anesthesia. There are some very effective medications that can be given before you go to sleep that will help decrease the likelihood that you will become nauseated or vomit. But, some people still get sick no matter what we give them. This is why it is very important that you do not eat or drink for at least eight hours before coming to the hospital for surgery. We commonly tell adults **not to eat or drink after midnight** the day before your surgery.



You will also be told by your doctor which of your medications you should take the morning of surgery; **all medications that morning should be taken with just a sip of water**. This also includes expectant mothers in labor who plan to have a “**labor epidural**” for delivery, and expectant mothers who have had a previous cesarean section.



Sometimes we modify this just a little, but it is **never** a good idea to eat or drink on the way to the hospital no matter what procedure you are coming for (unless you’re just going to visit a patient).