

Pre-anesthesia physical

Recent Illness:

If the patient had the **following in the 6 weeks prior to their surgery date**, the PCP or family should call one of the numbers above – surgery may need to be rescheduled due potential risk for adverse events under anesthesia:

- Hospitalization
- Flu, bronchitis, bronchiolitis, pneumonia, croup, COVID, RSV
- Other lower respiratory illness
- Asthma exacerbation

Chronic Illness:

If the patient follows with a specialist for cardiology, hematology, pulmonary or endocrine - **please ask the family to reach out to their provider and let them know they're having surgery.** This will help prevent delays/cancellations due to missing follow-up or conditions that are not optimized/managed. **Diabetes and certain heme conditions will require a preop plan from the specialist to proceed.**

NPO education:

The family will receive a call a few days prior to surgery with instructions. To prevent cancellation of the patient's surgical procedure, please remind family to follow NPO instructions. **Not** following NPO instructions could lead to aspiration & the procedure is likely to get cancelled.

Hypoglycemia may occur with prolonged fasting before surgery – encourage patient to have clear liquids with sugar up until the time they're required to stop drinking.

Medications:

To prevent cancellation, please follow all instructions given on the pre-op phone call regarding medications. ACE/ARBs should be **Held** the morning of surgery and given no later than 7pm the night before. On the morning of surgery, give medications for seizures, anxiety/behavior and respiratory medications. Bring any home medications that need to be given at a specific time (e.g. anti-rejection medications, mast cell medications), as we may not be able to obtain these from the pharmacy before the procedure.

Anxiety Management:

Patient anxiety is a common concern on the day of surgery. Education and medications (when indicated) before surgery can improve outcomes. **Online video & resources:** Google **"Cincinnati Children's preparing for your child's surgery"**

Anxiety medications: PCP should encourage the patient to **take routine behavioral medications & PRN anxiety medication** (if indicated) on morning of surgery. Family **may** give medications with sip of clears after their NPO time. If patient has **severe anxiety/behavioral concerns** that would benefit from pre-planning or they can only take behavioral medications with solids, please reach out to the numbers above.

Transportation:

If the patient/family have concerns getting to or from the hospital for their surgery, ask the family to contact the numbers above.