

General Anesthesia Appointment Preparation Checklist

(For Children and Adult Patients)

□ 30 Days Before the Appointment

- Schedule an appointment with your **primary care physician** to complete the required **health history/medical clearance form**. Forms are valid for **30 days**.
- Notify the sedation team of this appointment date.
- Ask the physician's office to **fax the completed form to the sedation team**. *Fax number is on the form*
- Forms must be received no later than **5 days** before our appointment.

□ 1 Week Before the Appointment

- **Stop GLP-1 medications**, discuss with your physician.
- Notify our office if you or your child has had:
 - **Cough, congestion, fever, or respiratory symptoms**
 - **Any diagnosed infection or illness**
- **Confirm your appointment** with our office.

□ The Day Before the Appointment

- Drink **plenty of fluids** to stay well hydrated.
- Eat **healthy, balanced meals** during the day.
- **Review and confirm instructions** verbally with our office and with anyone helping you with the appointment.
- **Arrange childcare if needed for other children.**
 - *Children under 12 are not permitted to be present during sedation appointments.*

□ The Night Before

- **Stop all food and drinks at 10:00 PM.** (*including candy, gum, mints*)

□ The Day of the Appointment

- **A parent or legal guardian must be present for all minor patients.**
- **Legal guardians must bring documentation verifying guardianship.**
- **Adult patients must have a responsible escort present for the entire appointment.**
- **Patients cannot depend on a ride-share unless they have a responsible adult accompanying them**
- **Morning medications may be taken with a small sip of water ONLY**, unless instructed otherwise by our team.
- **Children must stay home from school or daycare** the day of the procedure.
- Patients must be **closely monitored to ensure no food or drinks are consumed before the appointment.**
- **Your appointment time is your check-in time. It is not your procedure start time.** Be prepared for potential extended wait times. While we do our best to stay on schedule, it can be difficult to predict how long each patient will need in our care during general anesthesia. **Your patience is appreciated as we ensure every patient receives the time and attention needed for safe, quality care.**