

Anesthesia Instructions for the Nashville Surgery Center

We look forward to meeting you and providing safe and effective anesthetic to minimize pain and nausea you might experience on the day of your surgery. Please read and follow these anesthesia-specific instructions for your day of surgery. **You will find a map and directions to the Nashville Surgery Center on the back of this sheet.**

Report Time: The Surgery Clinic will notify you with a report time for the day of your surgery, which is generally about 2 hours before your operation.

Clear Liquids: Unless you have significant reflux of stomach acid, obesity, or diabetes, it is safe for you to have clear liquids up until 1 hour prior to your arrival at the Nashville Surgery Center (NSC). Infants may have breast milk or formula up until 4 hours prior to your arrival. By taking clear liquids, patients experience less dehydration on the day of surgery and fewer caffeine-withdrawal headaches.

Clear liquids must be confined to:

- Water
- Black coffee/tea
(*without milk, sugar, creamer*); *limit one cup*
- Apple juice

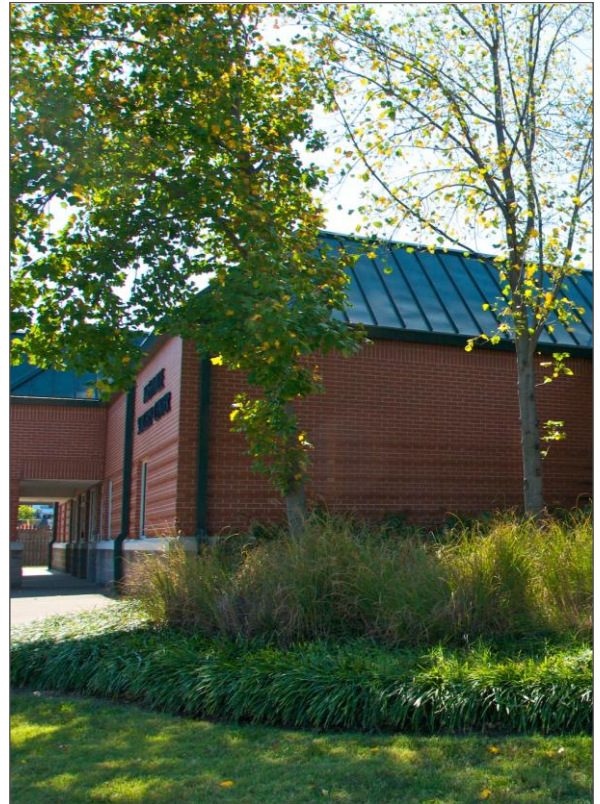
Medications: Take all your regular medicines on the day of surgery except for:

- Diuretics/water pills
- Aspirin: Avoid for 5 days unless otherwise instructed.
- Anti-inflammatory medications (eg, Motrin): Avoid for at least 2 days unless otherwise instructed.
- Oral diabetes medications/insulin: Do not take on day of surgery unless otherwise instructed. We will check your blood sugar on the day of surgery.
- Herbal medications: Avoid for at least 3 days prior to surgery.

MP3/iPod Devices: You are welcome to bring these music devices with you on the day of your surgery to listen to your own music in and around the operating room.

Thank you for reviewing and following these important instructions. If you have any further questions about your anesthesia, please do not hesitate to ask your Nashville Surgery Center anesthesiologist.

The NSC Anesthesia Team



Driving Directions

From nearest interstates to Nashville Surgery Center, 1717 Patterson Street, Nashville, TN

Take I-65 S toward I-40 W (toward HUNTSVILLE/MEMPHIS)
Merge onto I-40 E/I-65 S via EXIT 84A (toward KNOXVILLE/HUNTSVILLE)
Take the US-70 exit, EXIT 209, toward CHARLOTTE AVE.
Stay STRAIGHT to go onto 14TH AVE N.
Turn RIGHT onto CHARLOTTE AVE/US-70
Turn LEFT onto 17TH AVE N.
Turn RIGHT onto PATTERSON ST.

Take I-65 N toward NASHVILLE.
Merge onto I-40 W/I-65 N
Take EXIT 209 toward CHURCH ST/CHARLOTTE AVE.
Make a SLIGHT LEFT onto GEORGE L DAVIS BLVD/US-70 W
Turn LEFT onto CHARLOTTE AVE
Turn LEFT onto 17TH AVE N.
Turn RIGHT onto PATTERSON ST.

