

Pre-Anesthesia Testing Guidelines

Test	Timeframe	Male	Female
PREGNANCY			Post-tubal ligations and Post ESSUREs ARE tested
Urine	3 days	N/A	Ages 10 - 55, or menstruating
Beta	5 days	N/A	Post-hysterectomy - not needed
EKG	Not required	Healthy patients < 50 years	
	Three months	History of cardiac disease (CAD, MI, CABG, CHF), cerebrovascular disease (stroke, TIA), PVD, CKD, DM, cardiac or vascular surgery	
CBC	Not required	Healthy patients or minor surgery	
	One month	Intermediate or major surgery with EBL >500 mL or >5mL/kg. History of recent blood loss, transfusion, sickle cell disease, thalassemia, bleeding disorder, thrombocytopenia, liver disease, or splenomegaly	
BMP	Not required	Healthy patients	
	One month	Stable HTN, DM, cardiovascular disease, or patients on diuretics, digoxin, ACEs, or ARBs	
	Day of surgery	History of ESRD, dialysis, K+ < 3.0 or > 5.5 within 24 hours	
ACCU-CHECK	2 hours	Diabetes mellitus: diet-controlled, insulin-dependent, or non-insulin dependent	
COAGS	Day of surgery	Patients on anticoagulants, history of bleeding disorder, liver disease, or excessive alcohol use. Cardiovascular, angiographic, or craniotomy procedures	
CXR	Not required	Healthy patients	
	One month	Acute symptoms related to cardiac or pulmonary disease	
TYPE & SCREEN		Intermediate or major surgery with EBL >500 mL or >5mL/kg	

Encourage intake of up to 20 ounces of clear liquids up to 2 hours before surgery.

Ideal examples of pre-surgical maltodextrin carbohydrate drinks surgeons may provide include CFpreop, Ensure Pre-Surgery, and Nestle Preload. Other options include Boost Breeze, Gatorade, Pedialyte, fruit juices without pulp, water, clear tea, and black coffee.

Food	Minimum Fasting Period
Clear liquids (no pulp, milk, cream) – Up to 20 oz.	2 hours
Breast milk	4 hours
Non-human milk, infant formula, or light, non-fatty meal (toast, broth-based soups, fruit)	6 hours
Heavy meal (meat, fried or fatty foods)	8 hours
Alcohol, marijuana, vaping, tobacco	12 hours

Medication	Example	Take	Do not take (evening before/morning of)
ADHD, antidepressants, and psychiatric medications	Strattera, Paxil, Effexor (MAOIs consult anesthesia)	✓	
Alzheimer's	Aricept	✓	
Antianginal	Imdur, Isosorbide	✓	
Anti-seizure	Dilantin	✓	
Asthma/COPD	Bronchodilators	✓	
Beta Blockers*	Lopressor, Coreg	✓	
Birth control pills		✓	
Ca channel blockers	Norvasc, Cardizem, Procardia	✓	
Eye drops		✓	
Gastric emptying, H2 blockers, PPIs	Reglan, Zantac, Nexium	✓	
Heart rhythm	Amiodarone, Digoxin	✓	
Insulin, long-acting	Lantus	✓ ½ usual dose	
Insulin pump		✓ continue at basal rate only	
Pain medication		✓ if necessary	
Parkinson's*	Levodopa, Bromocriptine	✓	
Sedatives, Anti-anxiety	Ativan, Xanax	✓ if necessary	
Statins	Lipitor	✓	
Steroids	Prednisone	✓	
Thyroid	Levothyroxine	✓	
Ace-I/ARBS	Lisinopril, Losartan		✓
Antacids	Tums, Rolaids, Maalox		✓
Diuretics	Lasix, Aldactone		✓
Insulin, short-acting	Humulin, Novolin		✓
Oral diabetic medications	Metformin, Actos		✓

*Patients undergoing Deep Brain Stimulation for treatment of tremor should follow neurosurgeon's order.