

## Pre-Anesthesia Testing

AGE	Hb/Hct	Coags	Lytes	Bun/Cr	Gluc	LFT's	EKG	CXR
0 - 59	No routine testing needed in this age group.							
> 60							X	
75 - 99	X		X	X	X		X	

DISEASE	Hb/Hct	Coags	Lytes	Bun/Cr	Gluc	LFT's	EKG	CXR	T&S
Hypertension			X				X		
Card - Mod	X		X	X			X		
Card - Severe	X		X	X			X	X	
Pulm - Mild									
Pulm - Severe	X						X	X	
Smoke > 20yr	X								
Malignancy	X								
Lymphoma								X	
Heptic	X	X	X			X			
Renal	X	X	X	X					
Bleeding	X(cbc)	X							
Diabetes			X	X	X		X		
Expected Blood Loss	X								X

MEDICATION	Hb/Hct	Coags	Lytes	Bun/Cr	Gluc	LFT's	EKG	CXR
Diuretic			X	X				
BP Meds			X	X			X	
Cardiac Meds			X	X			X	
Steroids			X		X			
Anticoagulants	X	X						

**Other**

**Urine HCG:** Needed within 48 hours of surgery in women of childbearing age (13–50).

**Drug Levels:** Level drawn on all patients on Digoxin and Dilantin.

**CXR:** Recent change in sputum quality or color, pneumonia in past 3 months, chronic home O2 use, planned intrathoracic surgery, or if exam reveals rales, rhonchi, or wheezes

**Surgical Risk Screening Protocol Orders**

- Patients who are not to be scheduled at YKHC:
  - Patients with BMI > 45 (Up to BMI of 45 is acceptable if no significant, unstable CV, respiratory, or endocrine Pathology is present)
    - English BMI Formula = (Weight in pounds / (Height in inches) x (Height in inches)) x 703
    - Metric BMI Formula = (Weight in Kilograms / (Height in Meters) x (Height in Meters))
  - Obstructive Sleep Apnea Perioperative Risk Score of 5 or 6.
- Preventive antibiotic therapy will be administered within one hour prior to skin incision per protocol pre-operatively, based on procedure type and patients allergies, unless otherwise ordered by physician.
- DVT/VTE prevention methods will be implemented using SCIP Mechanical Prophylaxis Protocol unless contraindicated or otherwise documented in orders by physician.

**Diabetes Management**

- Discontinue all oral agents the evening prior to surgery, except Metformin which can be taken the evening prior to surgery but not to day of surgery.
- Discontinue insulin after midnight for AM surgeries.
- Take 1/2 usual dose of insulin the AM of surgery if surgery is scheduled to start at noon or later.
- Take 100% of Lantus insulin up to time of surgery.
- Consume apple or cranberry juice up till 2 hours prior to arrival to surgery if insulin was used.
- For insulin pumps, set to basal rate and continue throughout pre-operative period.
- Arrival to Holding Area, Glucose will be obtained. Results treated by anesthesia.

continued on next page.

**NPO Guidelines:**

The pre-operative nurse will instruct all patients to be NPO after midnight and to follow the surgeon's instructions if they differ from these.

The surgeon who gives different instructions will be responsible for thorough patient instruction of anything other than these guidelines.

1. All patients are equal with regard to NPO guidelines (i.e. gastric emptying time, obesity)
2. Clear liquids may be consumed up to 2 hours prior to scheduled arrival time.
3. Clear liquids are water, black coffee, and beverages not cloudy and can be seen through. Sugar and artificial sweeteners are acceptable. All broths are NOT acceptable.
4. Patient may brush their teeth, but should not swallow tooth paste.
5. Gum and candy of any type are not allowed.
6. All patients will be allowed to eat a full, regular diet (solid) up to 8 hours prior to surgery. Patient going to the OR at 0730 who were NPO after midnight are considered to meet this standard.
7. Infants up to 24 months of age will be allowed breast milk up to 4 hours prior to the arrival to the hospital. Infant formula will be considered a solid.

**Table 4. Estimated Energy Requirements for Various Activities, Based on Duke Activity Status Index\***

1 MET	Can you...	
		take care of yourself?
		eat, dress, or use the toilet?"
		walk indoors around the house?
		walk 1 or 2 blocks on level ground at 2-3 mph (3.2 - 4.8 KPH)?
<4 METs	Can you...	
		do light work around the house, such as dusting or washing dishes?
≥4 METs	Can you...	
		climb a flight of stairs or walk up a hill?
		walk on level ground at 4 mph (6.4 kph)?
		run a short distance?
		do heavy work around the house, such as scrubbing floors or lifting or moving furniture?
		participate in moderate recreational activities, such as golf, bowling, dancing, doubles tennis, or throwing a baseball or football?
≥10 METs	Can you...	
		participate in strenuous sports, such as swimming, singles tennis, football, basketball, or skiing?
* MET = metabolic equivalent.		
Adapted from J AM Coll Cardiol, with permission from Elsevier.		