

Pre-Anaesthesia Checklist

Serenitas Anaesthesia Care

Essential preparation guide for patients | Australian Edition

1 | Fasting Requirements (Nil by Mouth)

Food / Drink	Stop At Least	Notes
Solid food, milk & dairy drinks	6 hours before	Includes chewing gum, lollies, hard candy
Formula & non-human milk (infants)	6 hours before	Follow your paediatrician's advice
Breast milk (infants)	4 hours before	ANZCA paediatric guideline
Clear fluids — water, black tea/coffee, clear juice, sports drink, cordial	2 hours before	Up to 200 mL — no milk, no pulp
Alcohol	24 hours before	Affects anaesthetic metabolism

■ **If you accidentally eat or drink outside these times, contact your hospital immediately — your procedure may need to be rescheduled for your safety.**

My Fasting Schedule

Last solid food:	Time: _____
Last clear fluid:	Time: _____
Procedure time:	Arrival time: _____

2 | Medications & Supplements

■ Usually CONTINUE (with a sip of water)	■ Usually STOP — confirm with your team
• Blood pressure & heart medications • Anti-epilepsy medications • Thyroid medications • Asthma inhalers / puffers • Psychiatric medications	• Warfarin / blood thinners (Xarelto, Pradaxa, Eliquis) • Aspirin & NSAIDs (ibuprofen, naproxen) • Metformin — usually stop 24–48 h prior • Insulin — dose adjustment usually required • Herbal supplements (garlic, ginkgo, St John's Wort) • GLP-1 agonists (Ozempic, Mounjaro) — usually 1 week

■ **NEVER stop medications without advice from your anaesthetist, surgeon or GP. Bring a complete medication list (including OTC & supplements) on the day.**

3 | Day-of-Procedure Checklist

- Confirmed I have fasted correctly (food \geq 6 h, clear fluids \geq 2 h)
- Taken only the medications I was told to continue (with a small sip of water)
- Removed all nail polish, acrylics and nail wraps *Affects pulse oximetry readings*
- Removed all jewellery, piercings and body metal *Electrosurgery safety*
- Wearing glasses — contact lenses removed and stored
- Showered with soap or antiseptic wash if instructed by the hospital

- Dressed in loose, comfortable clothing
- Arranged a responsible adult to drive me home
- Arranged someone to stay with me for the first 24 hours post-procedure
- Brought my current medication list and any referral letters
- Brought Medicare card and private health insurance card
- Brought CPAP / BiPAP machine (if applicable)
- Disclosed all fasting times and medications honestly to nursing staff on arrival

No taxis or ride-shares alone

***Disclaimer:** This checklist is a general guide based on ANZCA (Australian and New Zealand College of Anaesthetists) PS15 (2023) recommendations. It does not replace personalised medical advice. Always follow the specific instructions provided by your anaesthetist, surgeon and hospital. In an emergency, dial 000.*