



## The Path to a Safe Surgery: Preparing for Anesthesia Begins With You



Conversations between patients and physician anesthesiologists before surgery can help ensure a successful procedure and smooth recovery. You should talk to your physician anesthesiologist about the eight topics below and any other concerns you may have.



### Medications and Supplements

Medications and supplements can affect anesthesia or pain management. Bring your medications and supplements to your pre-surgery appointment, or **bring a picture** of the prescription and ingredient labels.



### Smoking Habits

Smoking damages your heart and lungs and can lead to **breathing problems during or after surgery**. You'll heal faster if you don't smoke while recovering, so consider taking this opportunity to quit. Be sure to mention your smoking habits to your physician anesthesiologist.



### Marijuana Use

Marijuana has a **sedative effect** and can interact negatively with anesthesia. Tell your physician anesthesiologist if you use marijuana.



### Alcohol Use

More than two alcoholic drinks a day can increase your risk of side effects from anesthesia, as well as affect the amount of anesthesia needed. Discuss your alcohol use with your physician anesthesiologist. They may ask you to **abstain before surgery**.



### Sleep Apnea

Sleep apnea — a condition that causes chronic snoring and interrupted breathing during sleep — increases the risk of side effects because anesthesia **slows down breathing**. Sleep apnea can also make it difficult to regain consciousness after surgery. Be sure to tell your physician anesthesiologist if you have this condition.



### Strokes

Let your physician anesthesiologist know if you or a family member have ever had a stroke or heat stroke, because this increases your risk of having a severe reaction called **malignant hyperthermia**, which can cause muscle rigidity and a sudden high fever.



### Previous Reaction to Anesthesia

If you've ever had an adverse reaction to anesthesia, let your physician anesthesiologist know, so your treatment can be adjusted to **prevent a recurrence**.



### Chronic Health Issues

Tell your physician anesthesiologist about any chronic conditions you have, such as allergies, asthma, heart disease, high blood pressure, diabetes, liver or kidney disease, obesity, or seizures and other neurological disorders. These conditions can **cause repercussions for patients**.

Physician anesthesiologists evaluate, monitor, and supervise patient care before, during, and after surgery, delivering anesthesia, leading the Anesthesia Care Team, and ensuring optimal patient safety.

Visit [asahq.org/madeforthismoment](https://asahq.org/madeforthismoment) for more information about preparing for surgery.

