



Houma Outpatient Surgery Center, AAAHC ACCREDITED

3717 Houma Blvd, 3rd Floor
Metairie, La. 70006

P: 504 456 1515
F: 504 454 3810

Houma Outpatient Surgery.com

Parish Anesthesia Pre-Operative Testing Guidelines

CHEMISTRIES: *When indicated, the studies below should be obtained within one week of surgery.*

1. No routine chemistries are necessary for the healthy patient.
2. Potassium for patients on: Diuretics, Chronic Renal Failure, History of recent Diarrhea, Chronic Renal Failure, History of Anorexia or Bulimia
3. BUN/Cr for patients on: Diuretics or Chronic Renal Failure
4. LFT's for patients with: Liver failure or a recent bout of Hepatitis
5. Glucose for patients with Diabetes
6. Serum Chemistries (M-7): Renal disorders, Adrenal or Thyroid disorders, DM, Diuretic, chemotherapy or treatment that may affect chemistries, surgical category 5.
7. CBC (within 1 month) for patients with: Heme disorder, vascular procedure, chemotherapy, surgical procedure.

HEMATOLOGIC STUDIES:

1. Hematocrit/Hemoglobin for patients with:
 - a. With history or suspicion of anemia.
 - b. Who are undergoing procedures where significant blood loss is expected (Abdominoplasty, etc.)
2. There is no reliable screening test to assure adequacy of coagulation. A bleeding time may be useful for patients with recent (2 weeks) aspirin ingestion, and a PT is indicated for patients on Coumadin.

ELECTROCARDIOGRAM:

If there aren't intervening cardiac symptoms, an EKG within last (6) months is acceptable.

1. Age 50 or older, HTN, DM, and over 40 with cardiovascular disease or >2 risk factors for CAD, significant renal, thyroid, or other metabolic disease, and surgical category 5.

CHEST X-RAY: *(Even if the patient has asthma, if they are not symptomatic, they do not need a CXR.)*

1. Chest X-Ray (within 1 year) is needed if patient has a symptomatic lung disease or is going to have pulmonary or cardiac operation.

URINALYSIS: Routine urinalysis is not necessary.

DRUG LEVELS: Drawn on symptomatic patients taking theophyllinum, digoxin, Lithium, anti-arrhythmics, or anticonvulsants.

PREGNANCY TEST: For sexually active females post-puberty or unsterilized.

Guidelines imply that no lab tests needed for the asymptomatic male 50 and younger or asymptomatic female 55 and younger with normal H & P.



Parish Anesthesia Guidelines for Medical Clearance in the Outpatient Surgery Setting

Patients with stable, non-debilitating conditions will not need medical clearance if they have complete diagnostic work up as indicated and the patient has a regular physician or specialist that manages the patient’s care.

Patients with unstable or debilitating medical conditions require medical, cardiac, or pulmonary clearance, i.e.

- MI, angioplasty within 6 months
- Significant arrhythmias or symptomatic valvular heart disease
- History of C.H.F.
- Frequent or unstable angina
- Frequent hospitalizations or E.R. visits for asthma
- Insulin dependent diabetics with comorbid disease like HTN or Coronary Artery Disease
- C.V.A. or T.I.A. within the last year
- Severe sleep apnea requiring C.P.A.P.

- Strong consideration should be given to scheduling this type of patient in a hospital setting.

- Patients should be interviewed and have test results and clearance available at least 48 hours prior to surgery.

- An anesthesiologist must review the chart and, if needed, discuss the case with the surgeon at this time, in order to give approval to proceed with the case.

“NPO” GUIDELINES (Please apply to all ages)

<u>Ingested Material</u>	<u>Minimum Fasting Period</u>
- Clear Liquids (water, fruit juices without pulp, carbonated beverages, sports drink, tea)	2 Hours
- Breast Milk	4 Hours
- Non-human Milk	6 Hours
- Light Meal (toast and clear liquids)	6 Hours
- Full Meal (fried or fatty foods, or a “large meal”)	8 Hours

** Practice Guidelines for Preoperative Fasting and the Use of Pharmacologic Agents to Reduce the Risk of Pulmonary Aspiration: Application to Healthy Patients Undergoing Elective Procedures, A Report by the American Society of Anesthesiologists*