

# Preparing for your anaesthesia

## Your checklist

- Try to improve your physical fitness and stop smoking (even stopping for 24 hours before surgery makes a real difference).
- Eat a healthy diet and make sure you are rested.
- If you are diabetic, make sure your sugar levels are tested and are around your normal level.
- Have a list of your prescription medicines as well as your allergies to share with your anaesthetist. You may be asked not to take some medicines before surgery.
- Take only your prescribed medicines. Complementary medicines and herbal treatments may react with anaesthetics so please check with your anaesthetist if you need to stop taking them.
- Don't overexercise in the 24 hours before surgery or drink excess alcohol, as you could become dehydrated.
- If you want to know more about your anaesthesia or surgery – don't "Dr Google" it. Contact your anaesthetist directly or through the hospital or your surgeon's office. They will be happy to advise you.

