



California Society of  
**ANESTHESIOLOGISTS**  
*Physicians for Vital Times*

## What to Do Before Given Anesthesia

Before being given any kind of anesthesia, give a complete medical history to doctors and nurses and ask questions about your care.

- **Check physicians' credentials**, including your physician anesthesiologist. In some states, nurse anesthetists can provide anesthesia without direct physician anesthesiologist supervision.
- **Discuss your medical history** with your anesthesia provider and how it might affect your reaction to anesthesia.
- **Check on medical staff training and certifications.** Find out if an outpatient center or office is licensed and accredited to perform surgical procedures.
- **Make sure you are in optimal health before any procedure.** If you have medical problems, you may need clearance from your primary care physician before surgery. An anesthesiologist can help determine if this clearance is necessary.
- **Find out who will monitor you during the procedure**—the surgeon, a nurse, or a physician anesthesiologist. Only a medical professional specifically trained to administer anesthesia and monitor patients should care for you throughout a procedure.
- **Notify all physicians involved in your procedure of medications you are taking or recently took**, including herbal remedies. Herbal remedies and other medications can interact with anesthetics and drugs you may receive for the procedure.

*Source: American Society of Anesthesiologists*

For more information, please visit our website: [csahq.org](http://csahq.org)