Your anesthesia

The type of anesthesia you will receive depends on the type of surgical procedure and your medical condition. General anesthesia, which you will receive through an IV in your arm, causes complete loss of consciousness. Regional anesthesia numbs only the part of your body where surgery is being performed. It may be done by a spinal epidural or a nerve block. Local anesthesia, which you receive by injection, numbs only a small area. The Nurse Practitioner will answer any questions you may have about anesthesia you will receive and pain management after surgery.

Contact your surgeon’s office if...
- Your condition becomes worse, or you are ill with a cold or the flu
- You decide not to have surgery at Vanderbilt
- You wish to know the time of surgery and where to arrive
- You have questions about the actual surgery

Vanderbilt Preoperative Evaluation Center
Main Campus
1301 Medical Center Dr.
The Vanderbilt Clinic
Suite #1501
Nashville, TN 37232
(615) 343-2230 Phone
(615) 343-7811 Fax

Parking is free in the Vanderbilt parking garage on 21st Avenue South. Have your parking ticket validated at one of the guest services desks.

One Hundred Oaks
719 Thompson Lane
Suite #21100
Nashville, TN 37204
(615) 343-3030 Phone
(615) 343-1555 Fax
Your visit to VPEC will help assure you are as safe and comfortable as possible during anesthesia, surgery, and your recovery afterward. It is important to schedule your VPEC appointment as soon as you know you are having surgery. You may find that you need medical tests that your surgeon has not already requested. Also, you may need to stop taking some of your medicines up to ten days before surgery.

Before your appointment

- Please gather the following information and bring to your appointment:
  - list of prescribed medications, over the counter medicines, and supplements that you normally take
  - list of any allergies to medicines
  - list of any past surgeries and their approximate dates
  - copy of the identification card for your pacemaker and defibrillator, if you have these devices
  - results of tests that were done outside Vanderbilt, such as bloodwork, electrocardiograms, echocardiograms, stress tests, and cardiac catheterizations.
  You could also ask your primary care physician or cardiologist to fax test results to VPEC at (615) 343-7811

- Stop taking any herbal or dietary supplements as soon as possible

- Do not fast before your VPEC visit. Eat and drink normally unless your surgeon has told you otherwise.

During your appointment

Your appointment will take approximately one hour. It is a time for you to ask questions and for the medical staff to gather information to help reduce the possibility of surgical complications and prevent delays on the day of surgery. It will also help your anesthesiologist choose the best medicines to manage pain during and immediately after your surgery.

When you arrive you will be asked to fill out some brief paperwork. A nurse will check your vital signs. A specially trained Nurse Practitioner will ask some very specific questions about your medical history, make sure all test results and other paperwork are in order, and perform a brief physical exam. Other tests may be ordered to make sure you have no other medical problems the anesthesiologist and surgeon need to know about. The Nurse Practitioner will tell you which of your medicines you should take and not take on the day of surgery unless told otherwise by your surgeon. An anesthesiologist will also be available during your visit if needed.

Getting there

It is very important that you arrive at your scheduled time. Please call the appropriate VPEC location if you will not be on time. If you are late and do not call, your appointment may be given to another patient.