

Preoperative Checklist for Anesthesia

Use this simple checklist to feel confident about anesthesia.

Before Surgery

- **Learn More About Anesthesia:** Read a trusted source-worryfreeanesthesia.com- and ask your doctor specifically about your anesthesia type.
- **Talk to Your Medical Team:** Write down 1-2 key questions about anesthesia (e.g., “What will I feel?”) for your preoperative consultation.
- **Try a Relaxation Technique:** Practice deep breathing for 5 minutes daily.
- **Connect With Support:** Share your feelings with a friend or family member.

Day Before Surgery

- **Follow All Instructions:** Confirm fasting/medication guidelines with your doctor.
- **Write down all of your medications below on this checklist.**
- **Pack a Comfort Item:** Bring something small, like headphones or a book.
- **Repeat an Affirmation:** Say to yourself, “Anesthesia helps me heal safely.”

Day of Surgery

- **Arrive Early:** Get to the hospital with time to relax and ask last-minute questions.
- **Use Relaxation:** Practice deep breathing while waiting to stay calm.

My Medications

_____.	_____.	_____.	_____.
_____.	_____.	_____.	_____.
_____.	_____.	_____.	_____.

My Questions or Concerns

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Print this checklist to stay organized. Share your tips or experiences on our website to help others!