
SECTION A: COORDINATOR SUMMARY (Non-Clinical — Plain Language)

PREOP CLEARANCE SUMMARY

Patient: Mrs. James | 56/F | Procedure: Abdominoplasty, Exparel
ASA Physical Status: ASA II — Patient with mild systemic disease that does not limit normal activity

STATUS: CLEARED ●

WHAT THIS MEANS:

Patient is cleared for surgery. She is healthy with well-controlled conditions and excellent functional capacity demonstrated by recent stress testing.

ACTION ITEMS FOR COORDINATOR:

No actions required — patient is cleared for scheduling.

MEDICATION INSTRUCTIONS FOR PATIENT:

STOP before surgery: No medications need to be stopped
CONTINUE on morning of surgery:

- Losartan (Cozaar) 50 mg tablet
- Synthroid 50 mcg tablet (take 0.5 tablets = 25 mcg)

SPECIAL INSTRUCTIONS:

- Nothing to eat or drink after midnight the night before surgery

SECTION B: CLINICAL ASSESSMENT (For Anesthesia Providers)

B1. **Clearance Recommendation**

CLEARED — Patient is appropriate for elective surgery with general anesthesia.

B2. **Patient Risk Profile (ASA Class)**

ASA II — Patient has mild, well-controlled systemic disease (hypertension, hypothyroidism) without functional limitations. Excellent functional capacity (13.4 METS) with negative stress test.

B3. **Significant Findings**

YELLOW FLAGS (Communicate but don't delay):

- Hypertension: Well-controlled on Losartan, recent BP 120/72
- Hypothyroidism: Stable on Synthroid, recent TSH 0.95 (normal)
- Frequent premature ventricular contractions on stress test: Benign, no ischemic changes
- Recent abnormal ECG (Z01.810): Clarified as frequent PVCs, clinically stable per cardiology

B4. **Anesthesia-Specific Considerations**

- Airway: No documented concerns
- Cardiac: Excellent functional capacity (>10 METS), negative stress test 3/13/2026
- Pulmonary: Normal chest X-ray, no respiratory issues
- Renal: Normal creatinine (0.72), excellent eGFR (98)
- Allergies: Sulfa, Cephalexin, Nitrofurantoin (documented, no latex allergy)
- Labs: All within normal limits including CBC, CMP, coagulation studies, HbA1c 5.4%

B5. **Medication Management Plan**

- CONTINUE: Losartan and Synthroid on morning of surgery
- NO HOLDS REQUIRED: Patient not on anticoagulants, NSAIDs, or GLP-1 agonists