

# NPO Except:

Continue Beta-Blockers  
even when patients  
are NPO for Surgery

## Patient-Safety Concern

Missing a beta-blocker dose  
during the peri-operative period  
is associated with increased  
morbidity and mortality.

## Evidence/Support

The American College of  
Cardiology / American Heart  
Association recommend  
continuation of beta-blocker  
therapy in the peri-operative  
period as a Class 1 priority.

## Best Practice

Patients who routinely take a beta-blocker should  
continue their beta-blocker on the day of surgery.  
If the patient's routine dose cannot be given at the  
regular time due to surgery, give with a sip of water  
prior to going to surgery.

And remember: **CATS Decrease Surgical Site Infections.**  
(**C**lippers, **A**ntibiotics, **T**emperature, & **S**ugar)

Additional information about improving surgical care is available at [www.medqic.org](http://www.medqic.org).