

## Pack Sheet & Say Sheet

### SHEET A · PACK

#### What to put in the bag

- ☐ One-page medication + supplement list (name, dose, why, prescriber)
- ☐ Any MTHFR / B12 / folate / homocysteine results you already have
- ☐ Allergy and "do not crush / do not substitute" notes
- ☐ Written nitrous / PPI / metformin / methotrexate history
- ☐ Clinician-approved vitamins only — do not start a new bottle in the unit
- ☐ This say-sheet and a pen
- ☐ If diet order will allow food from home: plan eggs, greens, leftover meat, beets — confirm first
- ☐ Phone numbers for the outpatient clinician who knows the methylation history

Do not pack bulk powders, unlabeled pills, or anything the team has not seen. Security and pharmacy will stop those and you will lose time.

### SHEET B · SAY

#### What to say at the desk

"I have a history of methylation / B12 / folate concerns. Please put that on the problem list so pharmacy, nutrition, and anesthesia can see it."

"If nitrous oxide is planned, is there an alternative? I am concerned about B12 inactivation."

"If I will leave on a PPI or metformin, can we plan a B12 or MMA check in follow-up?"

"If you have non-DEHP tubing or bags, I would prefer those."

"Please tell me when oral food and my usual vitamins are allowed again after NPO."

If the answer is no, ask that the request and the reason be noted. You are documenting a concern, not overruling the case.