

## Pre-op instructions/information:

These are basic instructions or guidelines for most general surgery procedures. Note that you may have additional instructions depending on your type of procedure.

In the days/weeks before the procedure you should increase your protein intake (chicken, turkey, tuna fish, peanut butter, protein drinks, etc.), stay hydrated by drinking plenty of water, take a multivitamin, and avoid tobacco products. This will promote wound healing.

Blood thinners such as Coumadin/warfarin, Plavix, Xarelto, Eliquis, Brilinta, should be stopped a few days before the procedure. Check with your surgeon about the timing of stopping your medication.

Most NSAID's (Advil/Motrin/ibuprofen, Excedrin/aspirin, Mobic, Celebrex, Aleve/naproxen), fish oil, turmeric, and any herbal supplement with the name "root" should be stopped 5 days prior to a procedure unless authorized by your surgeon.

Avoid the use of alcoholic beverages one week before and after surgery. It can increase the chance of bleeding.

Do not eat or drink anything after midnight the night before your procedure unless directed by the Anesthesiologist.

If you are having colon surgery or a colonoscopy, you will need to be on clear liquids the day before and undergo a bowel prep. See bowel prep instructions.

You will have a pre-operative interview, either on the phone or in person. Labs, X-rays, and EKG may be obtained. This would be the time to ask about any morning medications taken the day of surgery.

You will arrive about 2 hours prior to your procedure. Late arrivals may result in your procedure being rescheduled. Your procedure time may change – you will be notified as soon as possible if this is necessary.

Shower the morning of surgery. You may be supplied with an antibacterial soap at your preop appointment. This will reduce the chance of infection. Do not remove any hair near the operative site (the operative team will do this for you). Wear loose comfortable clothes that are easy to put on. Remove all body piercings and jewelry. Leave valuables at home.

If your surgery is an outpatient surgery, have a responsible adult available to drive you home. You may want a responsible adult to stay with you for the first 24 hours.

Please call with any questions: (615)757-3451