

Preoperative Care/Prep Instructions

Your surgery is scheduled at _____

on ____/____/____ at ____:____ am/pm. You should arrive at the hospital by

Your last regular meal should be breakfast on the morning the day BEFORE your surgery. After this meal, take a clear liquid diet up until midnight. Take your bowel prep as instructed on the day before your surgery. The clear liquid diet consists of strained fruit juices, Jell-O, clear broths, black coffee (may have sugar), tea, and bottled beverages. Please avoid milk, milk products, alcohol and any solid foods. These restrictions are reiterated on the bowel prep handout. You should not eat or drink after midnight the night before your surgery.

You may continue your regular medications on schedule. You can take these with small sips of water the morning of your surgery. Take nothing else by mouth (no water, no food). If you have diabetes, do not take your morning dose of diabetic medicine. If you take insulin, please check with the doctor that prescribes your medicine. If you are on blood thinners (Coumadin, Aspirin, Warfarin, Plavix), please check with your doctor. You will need to discontinue the blood thinners four to seven days prior to surgery.

You can start conditioning yourself for your postoperative recovery by staying active and working to increase your exercise tolerance. Walking, biking, swimming, and other activities all help condition your heart and lungs to better tolerate your operation. The better in shape you are before the operation, the quicker your recovery back to your preoperative level of activity.

The hospital will call the day before your surgery. They will instruct you as to what time you should arrive the day of surgery.

Other
comments/notes: _____

If you have any questions, please call the office