

COLON•RECTAL

Surgical Associates

www.colonrectal.net

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INSTRUCTIONS FOR YOUR ANORECTAL SURGERY

Please read these instructions carefully so that together we can achieve the best possible surgical results and prevent the cancellation of your surgery.

Medications (unless otherwise advised by your doctor):

- **STOP** 2 weeks prior to your procedure
 - **Phenteramine** and **All Herbal Supplements/Teas (Black Cohash, Echineasa, Ephedra, Fererfew, Garlic, Ginkgo Biloba, Ginseng, GBL/BD/GHB, Goldenseal, Hoodia, Kava, Licorice, Saw Palmetto, St John's Wort, Valerian)**
- **STOP** 10 days prior to your procedure
 - **Aspirin** or aspirin-containing medicines
 - **Plavix**
 - **Fish Oil and Vitamin E**
- **STOP** 5 days prior to the procedure
 - **Coumadin/Warfarin**
- **STOP** 2 days prior to the procedure
 - **NSAIDS (Motrin, Advil, Ibuprofen, Aleve, Naprosyn, Celebrex)**
- If you take heart or blood pressure medications, please take them the morning of your procedure with a small sip of water.
- Discuss changes in your **Insulin** dosage with your Primary Care provider
- Tylenol is safe to use as a pain reliever
- Continue all other medications. You may brush your teeth.
- A&D Ointment or Desitan along with Cottonelle moist flushable wipes are recommended for anal irritation.

The Day of Surgery:

- **Diet:** 8 hours before your surgery: No solid food. You may have Clear Liquids (liquids which you can see through...No milk, cream, or OJ) up until 4 hours before your surgery.
- **Prep:** 2 Hours before leaving your home give yourself one Fleets enema. Repeat 1 hour later with a second Fleets enema. This is not necessary if you completed a full bowel prep the day before.

IMPORTANT:

- Make sure that you have your health insurance cards with you and a list of any medications which you are taking, including the dosage. Be prepared to answer questions about your medical history.
- **YOU CANNOT DRIVE YOURSELF HOME** following the procedure. Please arrange for a responsible adult to drive you home. You will not be able to take a cab or bus ride home.

Please call the office (410.730.1712) if you have any questions concerning these instructions.