

PREOPERATIVE INSTRUCTIONS

Surgery Date: _____ Surgery Time: _____ Surgery Arrival: _____

PREOPERATIVE PREPARATION

PATIENTS OVER THE AGE OF 60 MUST HAVE AN EKG DONE BEFORE SURGERY. THIS MAY BE DONE THROUGH YOUR PRIMARY PHYSICIAN OR AT THE HOSPITAL.

NO ASPIRIN, ASPIRIN CONTAINING PRODUCTS, BLOOD THINNERS (ex: Coumadin, Fish oil) 7 DAYS BEFORE OR AFTER SURGERY.

- If you are **NOT** having a colonoscopy the day before your surgery: two days before your surgery, you need to start taking Citrucel (other brands are OK), a mild laxative. One teaspoon in 8oz of water, two times a day.
- **DO NOT** eat or drink after midnight the night prior to surgery. Consuming one teaspoon of water will cause your surgery to be cancelled.
- A saline Fleet enema (other brands are OK) is to be taken 45 minutes to an hour before leaving the house the day of the surgery. This is to avoid the enema going into effect while you are on your way to the surgery center.
- An adult (18 years old or older) is required to take you home after surgery. Allow at least **ONE HOUR** after surgery to be discharged.

If you have any questions, please contact the office at (425) 688-1916