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PREPARING FOR YOUR ANORECTAL SURGERY

The success of your surgery depends not only on what happens during your operation and hospitalization but also on what happens between now and the operation. Here are a few tips to help you prepare for your surgery:

- ❑ If you **smoke**, try to stop before your surgery.
- ❑ Make sure that your surgeon knows what medications you are taking.
- ❑ If you take **Aspirin, Motrin, Aleve or Plavix** they should be stopped 7 days before the surgery and should not be taken for 14 days after surgery.
- ❑ If you take blood thinners such as **Coumadin**, it should be stopped about two days prior to surgery. Ask your surgeon when you should stop this medicine.
- ❑ Do not take **Diabetic** medicines on the morning of surgery.
- ❑ Generally all other medicines (especially **medicines for high blood pressure and heart conditions**) should be taken up to the time of your surgery. This means that even when you are NPO (not allowed to take orally) you must still take these medicines with just a sip of water.
- ❑ Do not drink or eat anything after midnight (of course with the above exception)
- ❑ On the day of surgery you should arrive at the hospital 2 hours ahead of time. There is much paperwork and preparation to be done before your procedure and a delay in arrival may cause cancellation of the procedure.
- ❑ After your procedure is completed you need a ride back home, you will not be allowed to drive because of the anesthesia or sedation.

ON THE DAY OF YOUR SURGERY

- ❑ Do not eat or drink anything.
- ❑ However if you take blood pressure or heart medicines you must take them with just a sip of water.
- ❑ Take a fleet enema 1 hour before coming to the hospital. If the return is not clear take a second enema and inform your nurse. (Occasionally you may be given full bowel prep for anorectal surgery).

Remember that pre operation preparation is vital for the successful outcome of your surgery. Let us work together to achieve an outstanding outcome. If you have any questions please call 281-583 1300 during office hours.