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## **PREPARING FOR YOUR MAJOR 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.

- ❑ Start a structured program of **exercise** today. Any form of exercise (treadmills, jogging even walking) will help you achieve the best results from your surgery. Start slowly and do a little more every day.
- ❑ If you **smoke**, stop immediately.
- ❑ Perform deep **breathing exercise** 10 times every hour when awake. Simply expand your chest and take a deep breath in. You will be required to continue with these exercises during your hospitalization.
- ❑ Build up your **nutrition** by taking Impact ®, call 800 755 2432 to order a 5 day supply. If you are diabetic you may take Glucerna. You may also take any over the counter Vitamins, iron or mineral supplements.
- ❑ Your surgeon may put you on **medicine to protect your heart** (Atenolol or Metoprolol) before surgery. You may need to start this medicine 3 days prior to surgery and take them up to 7 days after the surgery. When you are on this medicine you must take your pulse twice a day. If your pulse is less than 50 per minute or your blood pressure is low or you feel dizzy and excessively tired, stop the medicine and call your doctor.

### **WHAT IF YOU TAKE ANY MEDICINES**

- ❑ Make sure that your surgeon knows what medications you are taking. Please call our office and inform the nurse about all your medications if you have not done so already.
- ❑ If you take **Aspirin, Motrin, Aleve or Plavix** they should be stopped 10 days before the surgery and should not be taken for 10 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 (specially **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.

#### BOWEL PREPERATION ON THE **DAY BEFORE** YOUR SURGERY

- ❑ Drink plenty of water.
- ❑ Take only a clear liquid diet.
- ❑ Ask your doctor if you need to do bowel prep with Golytely/Nulytely.
- ❑ Do not drink or eat anything after midnight.

#### ON THE DAY OF YOUR SURGERY

- ❑ Do not eat or drink any thing.
- ❑ However if you take blood pressure or heart medicines you must take them with a small sip of water.
- ❑ 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.

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