PRE-OPERATIVE INSTRUCTIONS

Date of Surgery: _________________  Hospital: ___________________________________
(The hospital will call you and tell you when to come in for your surgery.)

BOWEL PREPARATION:

Get these meds at your local pharmacy, over the counter:
Fleet® Phospho-soda® EZ-Prep™ - and - Dulcolax® Tablets – and – Magnesium Citrate

A) One (10 ounce) bottle of Magnesium Citrate at 12 noon the day before surgery.
B) Clear liquid diet the day before surgery. (Example: Sodas, tea, clear juices, popsicles, Jello, broth).

- - AND - -
10:00 a.m.: Fleet® Phospho-soda® EZ-Prep™ 45 ml (cc) with (2) Dulcolax® tablets then, REPEAT AT…
2:00 p.m.: Fleet® Phospho-soda® EZ-Prep™ 45 ml (cc) with (2) Dulcolax® tablets.
C) Two-day bowel preparation (see the nurse for additional instructions and prescriptions).

DO NOT EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE SURGERY.

HOME MEDICATION INSTRUCTIONS:

• NO Aspirin or Ibuprofen (Advil, Aleve, Naprosyn, etc.) for 7 days before surgery.
• NO Vitamin or Herbal supplements for 7 days before surgery.
• NO Glucophage (Metformin) or Avandia (Rosiglitazon) for 48 hours before surgery.
• NO Insulin the morning of the surgery.
• NO DIET PILLS FOR 7-14 DAYS BEFORE SURGERY.
• Last dose of COUMADIN________________________.
• YES Take your heart, lung, and blood pressure medication the morning of the surgery.

OTHER INSTRUCTIONS:

• No alcohol 24 hours prior to surgery.
• Do not bring jewelry or valuables to the hospital.
• Do not wear lotion, powder, makeup or nail polish on the day of surgery.

If you have any questions Please call Michelle at (423)-266-3636