

FAIRFAX COLON & RECTAL SURGERY, P.C.

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COLORECTAL/ANORECTAL SURGERY, COLONOSCOPY, ANORECTAL PHYSIOLOGY

**PREOPERATIVE PREPARATION
FOR ANORECTAL SURGERY**

To diminish risk of bleeding please stop all aspirin; motrin; advil; coumadin; plavix; and all non prescription dietary supplements one (1) week prior to and after the procedure

1. The office may ask you to have blood tests done several days before your procedure. This is important to ensure that everything is optimal for your anesthetic. Occasionally, no blood testing is needed.
2. *We ask that you do not eat or drink anything after midnight on the evening prior to your operation.* Food or liquid in the stomach may cause problems with the anesthetic or force your surgery to be postponed.
3. *We ask that you take two (2) Fleet's enemas approximately 1 hour before you leave to go to the hospital on the morning of your procedure.* This helps clear the rectal area of fecal material and allows for a safer and more comfortable operative procedure. Please read the instructions on the box prior to administering the enemas. Call the office if you have any questions.
4. *There are several items available in any drug store which you may find helpful to obtain and have at home for use after surgery:*
 - 4x4 gauze or other absorbent pads
 - Stool bulking agent (Benefiber, Metamucil, Fibercon, Citrucel, etc)
 - Stool softener (Colace, Surfak, etc)
 - Any medications for which you were given a prescription
5. Following these recommendations will facilitate the operative procedure and postoperative recovery.
6. Call the office if you have any questions.