ANORECTAL SURGERY PREOPERATIVE PREPARATION

Following these recommendations will facilitate the operative procedure and postoperative recovery: Failure to comply with the instructions below could result in a cancellation of your procedure.

1. To diminish risk of bleeding please stop all aspirin, Motrin, Advil and all non-prescription dietary supplements one (1) week prior to your scheduled procedure.

2. If you are on a prescription blood thinner such as Plavix, Pradaxa, or Coumadin you will need to consult with both our physician and the prescribing physician.

3. 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.

4. We ask that you do not eat or drink anything after midnight on the evening prior to your procedure. Food or liquid in the stomach may cause problems with the anesthesia and cause us to postpone your scheduled procedure.

5. We ask that you administer two (2) Fleet saline enemas before you leave to go to the facility on the morning of your procedure. Administer the 1st fleet enema 3 hours before leaving your house; administer the 2nd fleet enema 1 hour before leaving your house. Be sure to follow the instructions on the box. This helps clear the rectal area of fecal material and allows for a safer and more comfortable operative procedure. Call the office if you have any questions.

6. There are several items available in any drug store which you may find helpful to obtain and have at home for use after surgery:
   a. 4x4 gauze or other absorbent pads
   b. Stool bulking agent (Benefiber, Metamucil, Fibercon, Citrucel, etc)
   c. Stool softener (Colace, Surfak, etc)
   d. Any medications for which you were given a prescription

7. Please call the office if you have any questions (703) 280-2841 Ext. 2011 or the Surgery Center at (571) 255-8700.