

ANORECTAL SURGERY PREOPERATIVE INSTRUCTIONS

ARRIVAL TIME:

- You will receive a call from a surgery center nurse 1 to 3 business days prior to your procedure with your **ARRIVAL** time to our facility. Your actual procedure time is very difficult to predict due to the nature of our facility.

TRANSPORTATION:

- **You MUST HAVE AN ADULT DRIVER bring you and stay in the facility the entire time you are here.** Generally the total time you will be here is between 2 and 2 ½ hours. Please remember our doctors are surgeons and emergencies do occur that require their attention which may delay your procedure.

EATING & DRINKING:

- **DO NOT** eat anything after midnight prior to your procedure.
- You may **drink CLEAR liquids ONLY until 6 hours before your ARRIVAL time.** You may not put ANYTHING in your mouth for those last 6 hours. Food or liquid in the stomach may cause problems with the anesthesia, and your procedure will be delayed or canceled if you ate or drank.

PREPARATION:

- You will need to give yourself **two (2) Fleet saline enemas** before you leave your home on the morning of your procedure. Buy these at any pharmacy. **Administer the 1ST fleet enema 3 hours before leaving your house; administer the 2nd fleet enema 1 hour before leaving your house.** Follow the instructions on the box. This clears the rectal area of stool and allows for a safer operative procedure and less painful recovery.

TESTING:

- If you are instructed to have any pre-op testing you will be notified. Often no testing is required.

MEDICATIONS:

- Take your important prescription medications with only a sip of water the morning of the procedure.
- If you take Blood thinners: Plavix, Pradaxa, Eliquis, Xarelto, Effient, Coumadin, etc., you will need to consult with both our surgeon and the prescribing physician on when to stop it before your surgery. You may continue your Aspirin.
- If you take Diabetes medication: you should consult your managing physician.

HOME CARE:

- **Purchase the following items PRIOR to your surgery:** 4x4 gauze or panty liners/ women's pads; Fiber Supplement (Benefiber, Metamucil, Fibercon, Citrucel, etc); Stool softener (Colace (docusate sodium) or Miralax; any medications for which you were given a prescription

POST-OP INSTRUCTIONS:

- Please see the specific instructions for the procedure you are having. These are available on our website.

QUESTIONS:

- Please call the office if you have any questions (703) 280-2841 and ask to speak to one of the nurses. Urgent calls after 4:30 PM will contact the on-call surgeon. In an emergency call 911.