

Instructions for Anorectal Surgery (Out Patient)

THE WEEK PRIOR TO PROCEDURE:

Discontinue Herbal supplements, Aspirin and Aspirin containing products, Aggrenox (aspirin/dipyridamole), Advil and Vitamin E for 7 days prior to your scheduled procedure. Stop naproxen (Aleve), celecoxib (Celebrex), ibuprofen (Motrin), valdecoxib (Bextra) or other arthritis medications for 3 days prior to your procedure. Tylenol (acetaminophen) is permitted.

If you are on any sort of blood clotting medication and have a history of stroke or cardiac problem, your primary care physician or your cardiologist should approve you stopping the medicine. The following are the drugs that will require some individualized instructions: Please stop Coumadin (Warfarin) 4 days prior to your procedure, Plavix (Clopidogrel) 7 days prior to your procedure. Contact the physician that prescribes this medication for you for their approval before you stop. Please ask for special instructions if you take Pletal (cilostazol), Ticlid (ticlopidine), Pradaxa (Dabigatran etexilate) or any other medication that affects blood clotting.

A DAY PRIOR TO PROCEDURE:

If you are diabetic, do not take your oral diabetes medications the day of your procedure. Bring them with you so that you can take them after your procedure.

If you are diabetic and you take Insulin, take half of your evening dose the day before your procedure. **DO NOT TAKE ANY INSULIN THE MORNING OF YOUR PROCEDURE.**

Do not eat or drink anything after 12 midnight the evening prior to surgery.

Take a dose of bulk fiber after supper the evening before surgery. You may use one heaping teaspoon full of Metamucil, Konsyl or Citrucel.

ON THE DAY OF SURGERY:

Take only your blood pressure or cardiac medications with a sip of water before leaving home on the morning of surgery. Bring any additional medications with you to take after the procedure. No food or drink is allowed until after the procedure.

One hour before leaving your home, administer and expel 2 regular fleet enemas. Administer one into your rectum, hold it for 5 minutes and expel it. Follow the same instructions for the second enema.

Report to the hospital two hours prior to the procedure. Ask the front desk for directions to the preoperative holding area.

Bring a list of your current medications (including dosages), a picture ID and insurance card with you.

BRING SOMEONE TO DRIVE YOU HOME AFTER THE PROCEDURE. YOU MAY NOT DRIVE YOURSELF OR TAKE A TAXI. (Your total time at the hospital should be approximately around 4 hours)