

Instructions for Colorectal Surgery (Inpatient Surgery)

A 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.

Start an exercise program that may include breathing exercises, walking, jogging or running.

If you smoke, stop immediately..

Build up your nutrition by taking a diet rich in proteins. Additional supplements such as Boost or Ensure may be added. If you are diabetic take Glucerna instead. You may also take some vitamins or mineral supplements.

A DAY PRIOR TO PROCEDURE:

BOWEL PREPARATION FOR SURGERY

On the day before the exam have a light breakfast and drink plenty of water. Take a "Clear Liquid diet" for lunch and dinner and drink plenty of water.

YOU WILL NEED TO PURCHASE:

1. 238g total of Miralax Powder (Available over the counter)
2. 4 DULCOLAX (Bisacodyl Generic) LAXATIVE TABLETS (Available over the counter)
3. 64 ounces of GATORADE
4. Diaper Rash Cream, Desitin or Calmoseptine-optional

DAY 1 = one day prior to surgery

CLEAR LIQUIDS ALLOWED (NO SOLID FOODS) Water, Black coffee, tea (no creamers, sugar OK), soft drinks, Strained fruit juices without pulp, cranberry juice, Soda, Gatorade, popsicles, Clear juices (apple, white grape juice, white cranberry juice), plain Jell-O, popsicles, beef or chicken bouillon (no broth), Tang/Kool-Aid and hard candy. **(NO ALCOHOL)**

1. Beginning at 7 AM the day before your surgery you may only drink clear liquids, with absolutely no solid food or Alcohol.

2. TAKE 4 BOWEL PREP TABLETS at 12 noon with a glass of water (If possible, we recommend taking 2 tabs at 10am and 2 tabs at 3pm). Do not chew or crush the tablets. Do not take the bowel prep tablets within one hour of taking an antacid

3. MIX SOLUTION. Mix the bowel prep powder with Gatorade and chill it if desired. Use it within 48 hours.

4. DRINK PREP STARTING AT 5PM.

Drink 1 (8oz) glass every 15 minutes over a two hour period. Drink each glass quickly rather than drinking small amounts continuously. Continue to drink clear liquids the remainder of the evening. Consider applying Desitin or Calmoseptine to your perianal area to minimize irritation from the frequent bowel movements.

5. You may restart your clear liquid diet until midnight. After midnight take nothing by mouth.

Helpful Hints:

1. Diabetics use Powerade Zero.
2. Chilling the solution may taste better but may cause you to feel uncomfortably cold. So dress warmly, use socks, and you may add hot drinks (tea, bouillon).
3. You will have consumed several glassfuls before having the first bowel movement and this may make you slightly bloated. You may experience nausea, abdominal fullness and bloating. If this occurs, stop drinking temporarily or drink each portion at longer intervals until these symptoms disappear.

Continue taking all your regular medications except those instructed above. If you are a diabetic and take Insulin, take half of your evening dose the day before your procedure.

ON THE DAY OF THE SURGERY:

Take only your blood pressure or cardiac medications with a sip of water before leaving home. If you are diabetic, do not take your oral diabetes medications the day of 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 OR ORAL DIABETIC MEDICATIONS ON THE MORNING OF YOUR PROCEDURE.**

If you use CPAP machine, please bring it with you to the hospital.

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.