

Instructions for Colorectal Surgery (Inpatient Surgery)

ONE WEEK PRIOR TO PROCEDURE

Discontinue 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.**

****ANTICOAGULANTS****

If you are on any sort of blood clotting medication, 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) 3-5 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.

YOU WILL NEED TO PURCHASE FOR YOUR PREP:

1. **238g** total of MiraLAX Powder (Available over the counter)
 2. **64 fluid oz** of GATORADE / POWERADE ZERO (NO RED, BLUE OR PURPLE)
 3. **4** DULCOLAX (Bisacodyl Generic) LAXATIVE TABLETS (5 MG or 10 MG available over the counter)
 4. Diaper Rash Cream such as Desitin or Calmoseptine ****Optional****
- * MIX GATORADE AND MIRALAX COMPLETELY TOGETHER (THIS IS YOUR BOWEL PREP MIX) ***

ONE DAY PRIOR TO SURGERY

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

Do not drink any liquid, Jello, or Popsicle that is RED

LIQUIDS NOT ALLOWED: Do not drink anything RED. Do not drink anything thick such as orange juice, tomato juice and milk or dairy products.

***** Continue taking all your regular medications except those instructed above*****

1. Beginning the day **BEFORE** your Surgery you **MAY** have a **LIGHT BREAKFAST no later than 7:30 AM** (Light breakfast examples: eggs, toast with jam, fruit smoothies, veggie omelet, avocado toast) **CLEAR FLUIDS FOR THE REST OF THE DAY FOLLOWING YOUR BREAKFAST**

2. **TAKE 4 DULCOLAX TABLETS (We recommend taking 2 tabs at 10AM and 2 tabs at 3PM)**. Take all four bowel prep tablets with water only. Do not chew or crush the tablets. Do not take the bowel prep tablets within one hour of taking an antacid.

3. **MIX BOWEL PREP** (Miralax and Gatorade on previous page). Mix 238g of Miralax powder with 64 oz. of Gatorade in an empty container (such as a pitcher) and keep it in the refrigerator if desired if you prefer your liquids chilled. Use it within a 48-hour period.

4. **DRINK BOWEL PREP MIX STARTING AT 5 PM**. Drink 1 (8oz) glass every 15 minutes over a two-hour period. Drink each glass quickly rather than drinking small amounts continuously.

5. Continue to drink clear liquids for the remainder of the evening until **MIDNIGHT**.

Consider applying Desitin or Calmoseptine to your anal area to minimize irritation and discomfort during the bowel prep.

***** NOTHING TO EAT/ DRINK AFTER MIDNIGHT*****

ON THE DAY OF YOUR SURGERY:

You can take your blood pressure and heart medications with a sip of water, 6 hours prior to surgery.

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.**

Call the office at 770-495-0799 if you have questions regarding any of these instructions.

***** SLEEP APNEA PATIENTS: Please bring you CPAP or BiPAP Machine with you to the Hospital *****

Report to the hospital two hours prior to the procedure. Check-in with MAIN ENTRANCE with REGISTRATION for directions to the preoperative holding area.

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