

PRE-OPERATIVE INSTRUCTIONS

1. Bring all of your medications or a list of your medications with you to the hospital
2. Bring all of your insurance cards/information with you to the hospital
3. If you take any blood thinners (coumadin, aspirin, Plavix, etc) please notify your doctor/nurse and discontinue them at least 5 days prior to surgery unless instructed otherwise by your physician
4. You may brush your teeth the morning of surgery but do not swallow anything.
5. Home medications on the morning of surgery may be taken **ONLY** as directed by your doctor or the anesthesiologist.
6. **Do not eat or drink anything after 10:00 p.m. the night prior to surgery**
7. If you experience any medical problems prior to surgery, call (850) 877-7392 and speak with a nurse.
8. If you have any questions regarding your bowel prep, pre/post op instructions, surgery, admission or testing, etc. please call the nurse at (850) 877-7392.

Bowel Prep for Surgery:

It is sometimes necessary when operating on the abdomen to make sure the bowels are completely empty. If your doctor/nurse instructs you that you need a bowel prep, please follow the instructions below:

Magnesium Citrate Bowel Prep

- At 9:00 a.m. on ___/___/___ you will need to drink 2-10 oz bottles of magnesium citrate solution. This is sold over the counter in the laxative section of your pharmacy.
- On ___/___/___ you will need to begin a clear liquid diet. You should not eat any solid food. Clear broth soups, Gatorade, juices, tea, jello, popsicles, and coffee are ok. After you have completed your bowel prep and your stools are clear liquid, you may have clear liquids until 10:00 p.m.

Do not eat or drink anything after this.

Go-Lytely Bowel Prep

- At 9:00 a.m. on ___/___/___ you will need to drink one gallon of Go-lytely solution. You may mix this with crystal light lemonade. .
- On ___/___/___ you will need to begin a clear liquid diet. You should not eat any solid food. Clear broth soups, Gatorade, juices, tea, jello, popsicles, and coffee are ok.
- After you have completed your bowel prep and your stools are clear liquid, you may have clear liquids until 10:00 p.m. the night before your surgery. **Do not eat or drink anything after this.**