

Mikhail Botvinov D.O./M.D.

Bergen Bariatric and Surgical Solutions P.C.
260 Old Hook Road, suite 303A, Westwood, NJ 07675
201-778-5344 phone, **201-778-5399 Fax.**

Pre-Operative INSTRUCTIONS

Patient Name:

Date of Birth:

Surgeon: Dr. Mikhail A. Botvinov

SURGERY:

Surgery Date:

Prior to Surgery, stop taking the following Medications

NSAIDS (Motrin, Aleve, Advil etc.)- 1- week before surgery

Aspirin-2 Weeks before surgery

Coumadin- 3 Days before surgery

Plavix- 5-7 Days before surgery

Vitamin E- 2 Weeks before surgery

Day Before Surgery

Light diet : You may eat light solid foods A light meal is: Tea, juice or coffee with milk or cream, toast or oatmeal or hot cereal. Do not eat any nuts or nut butters. Do not eat foods that are heavy or high in fat such as meat or fried foods..

Change to following medications: Diabetes- ½ usual dosage. Monitor blood sugar levels (if diabetic)

If you have constipation issues please take Laxative, 8 oz Magnesium Citrate BEFORE 10AM.

Full Bowel Prep- if requested by surgeon (see separate instructions)

NOTHING TO EAT AFTER MIDNIGHT, you can have small sips of water till 3 hours before surgery.

Morning of Surgery

Shower using antibacterial soap

Take only the following medications: High Blood Pressure , Diabetes- ½ usual dosage, Thyroid meds

Do not shave the surgery site.

Follow your doctor's directions for taking medicine. He or she will tell you if you should take any or all of your regular medicines.

Follow any specific instructions given by your doctor. (For instance, cleansing your skin with a special soap.)

Bring a list of your medicines with you to the hospital. Include prescription and over-the-counter medicines, vitamins and herbals. Include the name of the medicine, how much you take, and the last time you took the medicine.

Please leave money, credit cards and other valuables at home.

If you wear glasses, contact lenses, dentures or hearing aids, bring containers for them during surgery.

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Remove all jewelry (including rings) and body piercings. Please leave the items at home or with a family member at the hospital.

Do not wear make-up, deodorant, perfume, cologne or aftershave.

Wear loose-fitting, comfortable clothing.

Bring any forms given to you by your doctor. If your surgery requires a physical exam, please bring these completed forms with you.

Bring your insurance card. Bring your [health care directive](#) if you have one.

Bring personal care items such as deodorant, toothpaste, toothbrush, slippers and comb if you are staying at the hospital.

Bring any special medicines (including eyedrops and inhaler) or equipment (such as CPAP machine, crutches, cane or splint).

Please arrive at the hospital as directed before your surgery. It is common to be told to arrive two (2) hours before your scheduled surgery time. If you have trouble walking or moving, allow extra time.

Arrive at least 2 hours prior to your scheduled procedure

Post Op Appointment 2 weeks after surgery