

ANORECTAL SURGERY PREOPERATIVE INSTRUCTIONS

ARRIVAL TIME/TRANSPORTATION:

- You will receive a call from a surgery center nurse 2 business days prior to your procedure with your **ARRIVAL** time.
- **Your ADULT driver must arrive with you to the facility, check in with the preoperative nurse, and plan on staying in the waiting room or parking lot the entire time you are here. You may NOT use a Taxi, Uber or Lyft post procedure. If you are having difficulty securing transportation, please contact the office and we will provide you the information for approved medical transport companies.**
- The typical total time you will be here is between 2 and 2 ½ hours. We do our very best to keep to the schedule provided to you, however this is a surgical environment and occasionally we may run slightly off schedule. If an emergent case must be added or if we are delayed for any reason, we will make every effort to communicate this to you and your ride in a timely manner.

EATING, DRINKING AND SUBSTANCE USE:

- **DO NOT EAT or DRINK** anything 8 hours prior to your **ARRIVAL** time (Not even water!).
- Food or liquid in the stomach may cause problems with the anesthesia, and your procedure will be delayed or canceled if you ate or drank.
- You may not smoke tobacco cigarettes or electronic cigarettes for 24 hours prior to your procedure.
- You may not smoke marijuana or use other drugs for at least 24 hours prior to your procedure.

PREPARATION:

- You will need to follow this preparation unless you are having a Pilonidal Cyst Procedure, have severe anorectal pain, or were told otherwise. Give yourself **two (2) Fleet saline enemas** before you leave your home on the morning of your procedure. You may buy these at any pharmacy. **Administer the 1ST fleet enema 3 hours before leaving your house; administer the 2nd fleet enema 1 hour before leaving your house.** Follow the instructions on the box. This clears the rectal area of stool and allows for a safer operative procedure and less painful recovery.

MEDICATIONS:

- Take your important prescription medications with only a sip of water the morning of the procedure.
- If you take Blood thinners: Plavix, Pradaxa, Eliquis, Xarelto, Effient, Coumadin, etc., you will need to consult with both our surgeon and the prescribing physician on when to stop it before your surgery. You may continue your Aspirin.
- If you take Diabetes medication: you should consult your managing physician.

HOME CARE:

- **Purchase the following items PRIOR to your surgery:** 4x4 gauze or panty liners/ women's pads; Fiber Supplement (Benefiber, Metamucil, Fibercon, Citrucel, etc); Stool softener (Colace -docusate sodium) or Miralax; any medications for which you were given a prescription

POST-OP INSTRUCTIONS:

- Please see the specific instructions for the procedure you are having. These are available on our website.

QUESTIONS:

- Please, call the surgery center if you have pre-op questions (571) 255-8700.