Pre-Op Instructions

If a surgery has been recommended, you will receive a call from Grisel Garcini, Dr. Garcini’s surgical coordinator, a few days after your visit to the office. If you do not hear from Grisel, you can reach her at 815-412-5504. During this call you will find a date that is convenient for your surgery, and you will hear about what needs to happen before the surgery. These are the main topics that will be covered:

Surgical Clearance
If you have health issues such as high blood pressure, diabetes or cardiac problems and were told that you need a medical clearance, please take care of that first.

- See your primary care physician (PCP) for clearance no earlier than one month before your surgery. If you have been informed you need a cardiac clearance, you will also need to see your cardiologist.
- Many doctors require a note from your surgeon informing them about the type of surgery you are having, and which pre-op tests Dr. Garcini needs you to have before the surgery. Grisel can provide this note for your doctor.
- After your visit to your PCP and/or cardiologist, please remind your doctor to fax the surgical clearance and the results of any tests performed at the doctor’s office to Grisel Garcini at fax # 708-995-1053.
- If you don’t have any health issues other than what brought you to see Dr. Garcini, you will not need to get a medical clearance before your surgery.

Calls from Silver Cross Hospital
You will receive two phone calls from the hospital before your surgery:
- The first call will be about two weeks prior to surgery. They will ask you to make an appointment to get your pre-op testing done at Outpatient Testing, on the first floor of Pavilion A.
- If you are under 50 years old, you will need to get several types of blood tests (CBC, CMP and Type & Screen), and a urine analysis. The type & screen test has to be done at the hospital; it cannot be done by a PCP.
- If you are over 50 years old, you will require a chest x-ray and EKG in addition to the blood tests and urine analysis.
- These tests (except for the Type & Screen) can often be done at your PCP or cardiologist office if you are going for a surgical clearance. Make sure you tell the person who calls you from the hospital if you’ve already had any of the pre-op tests done at your doctor’s office.

- The second phone call you will receive from Silver Cross Hospital will be 2-3 days before your surgery. At that time they will inform you of the arrival time for your surgery, where to go, and other last-minute instructions. (See section titled Final Pre-op Instructions for more on these.)

Bowel Prep Instructions
- Some types of surgeries involve doing a bowel prep the day before. If your surgery does involve a bowel prep Grisel will inform you during your phone call. Please remember that you do not need to clear your intestine completely during this bowel prep. Its purpose is so that your intestine will be decompressed and away from the surgical area. For patients under 70 yrs old who are not diabetic, the bowel prep instructions are as follow:
o On the day before your surgery, drink ½ bottle of Magnesium Citrate around 8 am, followed by a large glass of water. (You can get this without a prescription from the laxative section of any drugstore.)

o Have breakfast about 1 hour later. This will be your last big meal of the day.

o During the rest of the day, you can have as much cold or hot liquids as you want (clear liquids are best).

o You can also have a couple of high protein/low carb snacks (such as yogurt, cottage cheese, protein smoothie, broth with chicken, etc.). Don’t have anything solid after 5 pm or so.

If you are over 70 yrs old and/or a diabetic, please check with Grisel for alternatives to Magnesium Citrate.

Other miscellaneous topics:
- If you have any FMLA (Family and Medical Leave Act) paperwork, please bring them to Sandra at the Front Desk of Dr. Garcini’s office as soon as possible after your surgery is scheduled. You can also fax them to Sandra at 815-215-4167.
- If you need a letter for your employer from Dr. Garcini telling them how much time you will need to be off work, please alert Grisel during your call, as she can also provide this letter.