



## Colon & Rectal Surgery, Colonoscopy & Endoscopy

Scheduling: 763-587-7752 • Nurse Line: 763-587-7753 • Fax: 763-587-7075

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### Pre-Op Instructions for Abdominal Surgery

You will need a preoperative physical one week prior to your surgery. Your primary care doctor will make sure you are in the best condition to undergo surgery. Give the doctor a full week to work out all of your medical needs. If you don't have a primary care doctor, we will be happy to arrange a visit with one.

If you smoke, there is no best time to quit. Smoking increases the risks of surgery and anesthesia. Discuss the options to help you quit with your primary care doctor.

Do not take aspirin, Ibuprofen or other non steroidal antiinflammatory medications ONE week prior to surgery. If you take Coumadin (Warfarin), Plavix or other blood thinners please contact your primary care doctor for instructions.

Purchase the following items over the counter at your pharmacy:

**Magnesium Citrate, you will need TWO 10 ounces bottles**

You may have a light breakfast the day before your surgery (e.g., toast, cereal, banana, coffee/tea).

Start a clear liquid diet after breakfast. Drink at least one glass of liquid every hour. Drinking liquids will make your cleansing easier. Avoid dairy products. PLEASE, DO NOT DRINK ONLY WATER.

Starting at \_\_\_\_\_ the day PRIOR to your surgery consume one full 10 ounce bottle of Magnesium Citrate. Consume the second 10 ounce bottle of Magnesium Citrate 90 minutes later. Stay on a clear liquid diet the day prior to your surgery. **Do not eat or drink anything after \_\_\_\_\_.**

All other prescription medications can be taken with a sip of water. Ask your primary care doctor about your regular prescription medications.

On your arrival at the hospital, you will be admitted by a nurse who will get you ready for surgery. The anesthesia team will talk to you. You will also meet with your surgeon prior to your procedure.

Try to have a good night's sleep. Please give yourself enough time for the ride to the hospital.

You are scheduled for surgery at: \_\_\_\_\_

Date of surgery: \_\_\_\_\_

Please arrive at (time): \_\_\_\_\_

Location: \_\_\_\_\_

**Please bring a current list of medications and allergies.**

If you have any questions about your surgical procedure, please contact us. It is very important to be well informed about the procedure, risks and benefits, alternatives and expectations. We take surgery very seriously. It is better to contact us during business hours, we have a team of caring professionals that will respond to your needs. Our telephones are answered 24 hours a day. In case of emergency please call 911.

**For more information call our nurse line (763) 587-7753**