



## **Preoperative Outpatient Surgery Instructions**

### **Food and Liquid Intake:**

~ Colonoscopy and Endoscopy patients: **Please follow the instructions provided to you by your physician** regarding your diet and preparation the day before your procedure.

~ All patients: Nothing to eat or drink after midnight the night before your procedure. This includes gum, candy, mints, and lozenges. **Again, Colonoscopy and Endoscopy patients please follow the instructions provided to you by your physician.**

~ Infants: May continue breast-feeding until 4 hours prior to their procedure and infants on formula may continue until 6 hours prior to their procedure.

### **Medications:**

~Regular medications may be taken as usual with sips of water at least 2 hours prior to the arrival time, with the following exceptions:

~Diabetic patients should not take their diabetes medications the morning of their procedure.

~Patients taking blood-thinning medications should ask their surgeons for instructions - Coumadin, Plavix, Pradaxa, Aggrenox, Persantine, and Lovenox may need to be discontinued several days prior to your procedure.

~Patients taking Aspirin should discontinue it 5-7 days prior to their procedure, or as directed by their surgeon.

~Patients who have asthma should bring emergency inhalers with them.

~Patient advised to bring medication list with dosages.

### **Alcohol and Tobacco:**

~No Alcoholic Beverages 24 hours prior to your procedure. Do not smoke the day of your procedure.

### **Other Important Information:**

~You must have someone drive you home after your procedure. Your procedure will be cancelled if you do not have someone to drive you home. You may not leave in a taxi unless accompanied by an adult (other than the taxi driver).

~We strongly recommend that you have someone stay with you for the first 24 hours following your procedure.

~Parents/Legal guardians of minor patients must remain in the building until the patient is discharged.

~Family members should remain in the building if they wish to speak to the surgeon post-operatively.

~Only 2 adult visitors per patient. Do not bring children.

~Do not wear jewelry or bring other valuables with you. Wear clean, loose clothing over your operative site (i.e. large button-down shirt for hand, arm or shoulder surgery.)

~Do not wear nail polish or eye makeup/ mascara.

~Wear glasses instead of contact lenses, or be prepared to remove contacts prior to the procedure.

### **Preparing Your Skin Before Surgery: (Colonoscopy and Endoscopy patients please disregard the following instructions)**

Preparing or “prepping” skin before surgery can greatly reduce the risk of infection at the surgical site.

~What you will need:

- Liquid Antibacterial body wash. This can be purchased at any local pharmacy or grocery store.
- Clean Wash Cloth

- Clean Towel
- Clean Clothes

~Instructions:

On the evening before your scheduled procedure:

- In the shower, wet skin and with a freshly clean wash cloth, apply liquid antibacterial body wash liberally. Lather the entire body from the neck down.
- Once entire body has been cleansed; be sure to scrub surgical site(s) thoroughly for at least an additional 2 minutes. Wipe each area in a back and-forth motion to adequately clean.
- Rinse thoroughly.
- Once dry, dress in clean clothes or sleepwear.

On the morning of your scheduled procedure repeat the above steps for preparing your skin before surgery..

