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INPATIENT SURGERY INSTRUCTIONS AND TIMELINE

Your Surgery is Scheduled at Shady Grove Medical Center For:

Date _____

Preoperative Surgery Testing and Planning

1. **Gather your support system and assign an “advocate” or “coach.”** This person should be a family member or friend who will participate in your care.
2. **You will need to see your primary care physician no more than 30 days prior to surgery to be cleared for surgery.**
You may need testing or blood work that will generally be arranged by your primary care physician. You may also need to see Pre-Surgical Testing at Shady Grove Medical Center to ensure all of your testing is complete.
3. **The Nurse Navigator at Shady Grove Medical Center, Michele McBride, will contact you to schedule your pre-surgical education appointment.**
She will guide you through the preoperative process and schedule an appointment for you to see her, Pre-Surgical Testing, and the dietician, Patty Guay-Berry either in-person or online. You should try to involve your coach in your meetings.

Five Days Prior to Surgery

1. **Stop Aspirin, Ibuprofen, and any non-steroidal anti-inflammatory medications. You should also stop Plavix, Xarelto, Coumadin, and any other blood thinners but *you must discuss this with your cardiologist or primary care physician.***
Make a plan with him or her about when these medications can be stopped before surgery and when they should be restarted after surgery.
2. **If your primary care physician or cardiologist states that these medications cannot be stopped, you must notify Dr. Patil.**
3. **Begin taking your nutritional supplement three times a day (Impact Advanced Recovery by Nestle) if you have discussed this with Patty Guay-Berry.**
4. **Buy bowel prep materials over the counter (no prescription needed):**
 - one 14-dose bottle (238 grams), or two 7-dose bottles, of MiraLax
 - one Fleet’s enema kit

One Day Prior to Surgery

Morning: Eat a normal breakfast and then have only clear liquids for the rest of the day.

Some examples are:

- Soft Drinks (ginger ale, Sprite, 7-Up, Kool-Aid)
- Fruit juice without pulp (apple, grape, cranberry, etc)
- Gatorade
- Coffee or Tea without cream
- Chicken or Beef Broth
- Jell-O
- Popsicles

Make sure you drink half a gallon of fluid this day in addition to the fluid you drink for your bowel prep; sugar-containing liquids are preferable except if you are diabetic. If you are diabetic, you may drink water or other sugar-free liquids.

1PM – Take two tablets of Neomycin (1 gram total) and 1 tablet of Flagyl (500mg)

2PM - Take two tablets of Neomycin (1 gram total) and 1 tablet of Flagyl (500mg)

5PM – Drink your last Impact Advanced Recovery

6PM - Began your bowel cleanse using the instructions below. (If you have been instructed specifically by your doctor to not use a prep before surgery, disregard instructions)

- o Use one **14-dose bottle (238 grams)**, or two **7-dose bottles**, of **MiraLax** over-the-counter
 - Mix entire amount of Miralax (238 grams) into 2 quarts (64 oz.) of Gatorade (any flavor), Powerade (any flavor), or apple/grape/cranberry juice. Stir, shake, and dissolve.
 - Drink 16 oz per hour for 4 hours
 - Drink one more quart of water over the next 1-2 hours
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10PM - Take two tablets of Neomycin (1 gram total) and 1 tablet of Flagyl (500mg)

12AM - Do not eat anything after midnight on the night prior to surgery otherwise your surgery will be canceled by the anesthesiologist.

The Morning of Surgery

1. Drink 8 ounces (1 cup) of Gatorade per hour for each hour you are awake prior to surgery; you should try to finish a 20 ounce bottle of Gatorade if you can. If you are diabetic, you should substitute water instead.
2. Stop drinking all fluids 4 hours prior to surgery.
3. Shower and use chlorhexidine soap on your abdomen prior to leaving the house.
4. Use the Fleet enema kit you purchased before one or two hours before leaving the house
5. Leave your house to arrive at the hospital 2 hours prior to surgery.
Keep all valuables at home if possible. If you have sleep apnea and use a CPAP machine, you should bring it with you for your hospital stay.