

### **Instructions for Surgery**

1. Confirm the date of your scheduled procedure with the office.
2. If you are on herbal supplements you need to stop these at least 2 weeks prior to surgery.
3. If you are on Aspirin, Plavix, Ibuprofen or similar medication you should stop these 7-10 days prior to your surgery.
4. If you are on Coumadin or any other blood thinning medication then you should discuss this with your doctor so that there is appropriate planning around the time of your surgery. These medications will be stopped before surgery and restarted afterwards.
5. Take your other medications regularly unless advised otherwise.
6. Use an antibacterial soap for the week leading up to surgery.
7. You may be asked to take a mild laxative such as ½ bottle of Magnesium citrate the day before surgery starting at 3:00pm (if you are having gastrointestinal surgery).
8. Have nothing to eat or drink after midnight before the day of your surgery.
9. You may have your medications the morning of surgery with small sips of water only. Discuss with your doctor if you should take these medications or not.
10. Do not have any coffee, tea, gum, candy or anything else other than your medications on the morning of surgery.
11. Report to the Surgical Services Area of the hospital at least 2-3 hours before the planned surgery time. This will allow time to get you prepared to start on-time.