

Narciso L. Gomez, MD, FACS, FASCRS

BOARD CERTIFIED

COMPASSIONATE SURGICAL CARE

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WWW.GOMEZSURGICAL.COM

3475 SHERIDAN STREET
SUITE 201
SHERIDAN EXECUTIVE CENTRE
HOLLYWOOD, FL 33021

Pre-Operative Care Instructions

Please purchase the following items at your local drugstore prior to surgery to have at home:

1. Fleet Enema (green box)
2. Senokot-S Natural Vegetable Laxative Ingredient Plus Stool Softener or Peri-Colace Stool Softener & Stimulant Laxative (minimum quantity of 20 tablets)
3. Mineral Oil
4. Light day pads
5. Sitz bath (optionally you may use a tub)
6. A bag of frozen peas or individually frozen hot dogs

The day before surgery, you may have clear liquid meal for breakfast, lunch and dinner.

The morning prior to surgery, use the Fleet prep kit. (Instructions are included in the green box).

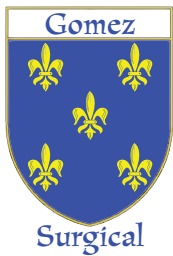
You may not eat anything after midnight. You may drink clear liquids (e.g., tea, Sprite, 7Up, chicken broth) up to four hours prior to surgery. For example: If surgery is scheduled for 12 p.m., you may drink liquids until 8 a.m.

If you take any prescribed medications, you may take them in the morning with a small sip of water.

For our diabetic patients, you should NOT take your oral medication/insulin the morning of surgery.

On the day of surgery, please wear comfortable clothing that is easy to get in and out of as well as form-fitting underwear (no thongs or boxers)

Please make arrangements for someone to transport you to and from surgery (due to anesthesia) and stay with you at home for at least the first 24 hours.



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Time of surgery: The hospital will contact you the day before your procedure with your arrival time.

Things to do 2-3 weeks prior to surgery:

- ✓ Seven days prior to surgery you will need to STOP taking any aspirin or aspirin containing drugs (ex: Alka-Seltzer), blood thinners (ex: Coumadin), vitamins (Vitamin E, Ginseng, fish oil, multivitamin ect.) diet pills or any Iron containing drugs or supplements. Continue taking all of your other medications unless instructed otherwise.

The day before surgery:

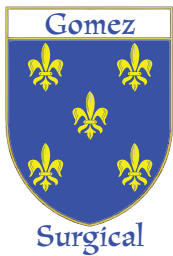
- ✓ The hospital should contact you after 3pm with your arrival time.
- ✓ Please shower with Hibiclens, this is an over the counter soap used to prevent infections.
- ✓ Nothing to eat or drink after midnight.

The day of surgery:

You will arrive at the hospital 1 1/2 to 2 hours before your procedure, during this time you will be checked in and prepped. You will also have a chance to meet with your surgeon and anesthesiologist to go over any last minute question or concerns.

Since you will have some type of anesthesia the hospital requires that you have a friend or family member pick you up and transport you home after the procedure.

If you have any questions or concerns please feel free to contact our office.



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FLEET ENEMA

- ✓ You need to do (2) disposable Fleet enemas one night before at 9pm and the other one two hours prior to your arrival at the hospital.

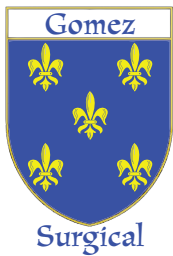
MIRALAX PREP

Day before the procedure (Clear liquid diet and Prep)

- ✓ **CLEAR LIQUID DIET THE ENTIRE DAY BEFORE YOUR PROCEDURE.**
Clear liquids include : Water, grape/apple/cranberry juice, Chicken broth, Clear sodas (Sprit, Ginger ale), popsicles, tea or black coffee , you may also have jell-o as long as its not red and it has no fruit.
- ✓ **Miralax/Dulcolax Prep:** This prep will clean out your digestive system so the surgeon can perform surgery with a clean bowel. The prep will cause you to use the restroom for a prolonged period of time, and it as advised you start the prep at home as early as possible. The prep can be started as early as 12 pm but no later then 3pm.

Begin by taking 4 Dulcolax tablets; these can be taken all at once.

Place one 8oz container of Miralax into 2 quarts of a clear liquid (Gatorade, apple juice, crystal light) and mix well. You will drink one glass of your solution every fifteen to twenty minutes until all 2 quarts is completed. You will know the prep is successful if you have a clear watery stool.



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MOVIPREP

- ✓ **CLEAR LIQUID DIET THE ENTIRE DAY BEFORE YOUR PROCEDURE.**
Clear liquids include : Water, grape/apple/cranberry juice, Chicken broth, clear sodas (Sprit, Ginger ale), popsicles, tea or black coffee , you may also have jell-o as long as its not red and it has no fruit.

MoviPrep: This prep will clean out your digestive system so the surgeon can perform surgery with a clean bowel. The prep will cause you to use the restroom for a prolonged period of time, and it is advised you start the prep at home as early as possible. The prep can be started as early as 2pm but no later than 5pm.

Clear liquid diet for the entire day before your procedure. Begin at 5:00pm, empty one pouch-A and one pouch-B into the disposable container. Add lukewarm water to the top line of the container. Mix to dissolve. Notice that the 1-liter container is divided by 4 marks. Every 15-minutes, drink the solution down to the next mark (approximately 8-oz.) until the full liter is consumed. Repeat the above steps again at 9:00pm. Afterwards, drink 16-oz. of clear liquid of your choice to ensure necessary hydration and an effective prep.