

## 6-8 Weeks Prior to Surgery

- **Schedule** pre-operative testing. This testing should be completed *no later* than 2-3 weeks prior to the date of surgery to ensure the results are current. This testing will help to ensure that we have not overlooked any serious medical complications with surgery. Pre-operative testing generally consists of a chest x-ray, routine blood testing, and an ECG (electrocardio gram, an electrical map of your heart).
- **Maintain a healthy lifestyle.**
  - exercise regularly
  - eat nutritious well balanced meals
  - drink plenty of water
  - rest

## 2 Weeks Prior to Surgery

- **STOP** taking any aspirin products. They increase your chance of excess bleeding during surgery.
- **STOP** taking any Motrin (ibuprofen) or related non-steroidal anti-inflammatory drugs.
- **STOP** taking most herbal supplements.
  - **STOP** taking supplements believed to be detrimental to your pre-surgery health including: St. John's Wort, the now illegal ephedra or Ma Huang, kava kava, licorice, pennyroyal, germander, chaparral, borage, coltsfoot, comfrey, life root, sassafras, aristolofchia fangchi.
  - **STOP** taking supplements that act as blood thinners or increase the chance of excessive bleeding during surgery including: ginko biloba, garlic, gensing, dong quai, willow, red clover.
- **STOP** taking Vitamin E before surgery because it too can increase the risk of bleeding during surgery.

## 5 Days Prior to Surgery

- If you have been prescribed Coumadin or Warfarin, call the doctor who prescribed them. Ask if it is okay to **STOP** taking them in light of your impending surgery. While it is generally beneficial to stop taking these 4-5 days prior to surgery, in certain cases it is not advisable. If your doctor does **NOT** allow you to discontinue taking these, contact us at (423) 495-3068.
- Begin taking a stool softener of your choice each day (Dulcolax Stool Softener, Colace or Surfak).

## 2 Days Prior to Surgery

- Absolutely **NO** alcohol or alcoholic beverages during the 48 hrs. prior to surgery and for 48 hrs. following surgery. Alcohol can have serious consequences on the surgery as well as the anesthesia.

- If you are taking an oral diabetes medication, please stop metformen.

## The Day Before Surgery

- **Absolutely do not take** any of the medications or supplements already stopped (above) including Aspirin or Motrin.
- Follow a clear liquid diet with lots of water. NO milk products.
- Do a Fleet enema at 5:00 pm to help clean yourself out.
- After **MIDNIGHT** before surgery, **do not eat or drink anything**. This even includes water, chewing gum, life-savers.

## The Day of Surgery

- You may, and probably should, take any of these if they are currently prescribed to you:
  - Heart Medication
  - Blood Pressure Medication
  - Anti-Seizure Medication
  - Insulin (only take HALF of your normal dose)
- **DO NOT** take Water Pills, Diabetic Pills - in addition to anything you have previously stopped taking in preparation for surgery. Remember this includes aspirin, motrin, coumadin, warfarrin.
- If you have accidentally taken any medications, supplements, or eaten food that you should not have please contact us immediately. Contact us at (423) 495-3068.
- Bring all medications currently prescribed to you in their labeled containers with you to the hospital.
- Leave non-essential valuables (such as watches, jewelry, cell phones) at home to reduce the chance of misplacing or losing them in the hospital.
- If you wear glasses, contact lenses, false teeth or related personal items, **bring** a case to store them in during surgery.

You should also proceed to read our [post-operative instructions](#) so you will be prepared for what comes next after your surgery. **Questions?** If you have any questions about these instructions, including what you should and should not be taking, contact us at (423) 495-3068.