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## **PREPARATION FOR SURGERY**

Please begin taking an iron supplement such as Feosol or Slow Fe as soon as your surgery is scheduled. Even if you are not anemic, this will increase the iron stores in your bone marrow and decrease your risk of postoperative anemia and blood transfusion.

Two weeks before surgery, discontinue all aspirin and NSAID products (ibuprofen, naproxen, etc). Also discontinue all supplements containing Vitamin E. These can affect platelet function and the ability of your blood to clot.

One to two weeks before surgery you will need to come to the office for a preoperative visit to review the procedure and sign your operative consent. You will also need to register with Piedmont Hospital admissions department and complete any required preadmission testing. If you are under 50 years of age without any medical problems, you may be eligible for a phone screening. If you do not meet these requirements, you will need to go to Piedmont Hospital in person for preadmission testing. Please contact the office for information regarding your preadmission screening.

The day before surgery, you may eat a regular breakfast. We recommend a light lunch and liquids for dinner. This may decrease your risk of gas pain postoperatively. Do not drink any alcoholic beverages for 24 hours prior to surgery.

For major surgery, we recommend using 2 Fleets enema, a Betadine douche, and showering with an antibacterial soap the evening prior to surgery. These are available over the counter at most drug stores or may be given to you at the time of your hospital preadmission testing. Occasionally, we may recommend a full bowel preparation preoperatively, and these instructions will be given separately. You should receive your instructions from your surgeon at your preoperative visit, but please ask for clarification if you are unsure.

The night before surgery, **do not have anything to eat or drink after midnight**, except any medications you are instructed to take by the anesthesiologist. Please check with the anesthesiologist at your hospital preoperative visit about taking any regular medications such as blood pressure or thyroid pills.

**Please verify the date and time of surgery and when you are to report to the hospital. Make sure we have all of your current insurance information so we can preauthorize your procedure. Please have a clear understanding of the financial aspect of your surgery.**

You will need a post surgery follow up appointment at the office. We usually make this for you when your surgery is scheduled.

Please call the office at any time before or after surgery if you have any questions or concerns. Our goal is to get you back to your normal activity and lifestyle as soon as possible.