



Preparing For Surgery And Your Pre-Operative Appointment

1. The day before surgery is your “prep” day. Many patients prefer taking this day off from work due to the bowel prep.
2. You may eat normal foods until 10:00 a.m., unless otherwise instructed. The remainder of the day will consist of a clear liquid diet. You will want to stock up on jello, clear juices i.e. white grape, apple, and chicken or beef broth.
NO RED OR BLUE JELLO OR JUICE

** After midnight, you may have nothing by mouth. If you are dry, rinse with water but avoid consuming any.
3. You should shower the night before or early on the morning of your surgery. After showering, use Hydrogen Peroxide on a Q-tip or cotton ball and clean your bellybutton. Hydrogen Peroxide can be purchased over the counter at any drugstore.
4. Your bowel prep will either consist of Fleet’s Phospho Soda or a Fleet’s Enema. If you have not been advised which of the two you will be doing, please ask us. Either of these products can be found over the counter in the laxative section of any drugstore.
5. Finally, immediately begin deep breathing exercises. This will consist of completely filling up your lungs with air and completely releasing. This exercise will help prepare your lungs for the anesthesia. Patients tend to have less shoulder pain when their lungs are better prepared. You may do this for 5 minutes, wait 1 hour and repeat. Do this exercise 3 times a day.

Your pre-operative visit will consist of a review of procedures planned, paper signing and detailed instructions clarifying your preparation for the surgery. After this appointment, patients should plan on going to Stanford to register, which may take 1 hour. Registration will include blood work and meeting with the anesthesiology department.

Your preoperative appointment is _____, 2004 at ____:____ am/pm