



Preparing for Abdominal Surgery

Arrive for your surgery (date and time) _____

Location of your surgery _____

Six weeks prior to your surgery:

- Stop smoking. Evidence shows improved healing of your surgery site and fewer problems with postoperative fevers and pneumonia. Active smokers have a lot of mucous and lung secretions in the days following surgery that they have to clear from their lungs, and coughing will be painful due to your incision.

One week prior to your surgery:

- If you take aspirin, Coumadin, Plavix or other blood thinners, stop these medications as directed by your surgeon. Fish oil and Vitamin E should also be stopped. If you are unsure, call the surgeon's office.
- If you have been instructed to take a bowel preparation prior to your surgery, make sure you have your prescription and get it filled at the pharmacy of your choice. While there, purchase plenty of clear liquids (anything you can see through, like apple juice) that you like. You will have better clean out results by drinking plenty of liquids with your preparation.
- Check your normal prescription medication bottles and be sure you have enough for at least two weeks after your surgery. In most cases you will be discharged from the hospital on the same medications you took at admission. If you do not have enough, contact your primary care doctor for refills.
- Complete your grocery shopping (buy some comfort foods) and pay any bills. Complete and necessary household tasks. You may not feel up to doing these tasks until a few weeks after your operation.

Two days prior to your surgery:

- If you are diabetic and take Metformin or glucophage, stop this medication now.

One day prior to your surgery:

- If you were given a bowel preparation of Golytley, PEG, Moviprep or Osmoprep, then start it as directed. These medications are much more effective if you drink plenty of clear liquids with them.
- If you are not on a bowel preparation, eat a light healthy dinner.
- If you have diabetes and take long acting insulin (such as NPH or Lantus) in the evening, take half of your usual dose the evening prior to your surgery.

On the morning of surgery:

- You should not eat or drink anything for 8 hours before your surgery. Consumption of anything for the 8 hours preceding your surgery increases your chance of developing pneumonia around the time of the operation. Your anesthesiologist will cancel your surgery if you eat or drink anything.
- If you take medications for your heart or blood pressure, be sure you take these with a small sip of water. **DO NOT SKIP THESE.**
- If you take diabetic medications including pills or insulin, do not take your morning dose.
- Shower thoroughly on the morning of surgery.
- Bring bottles of any regular or prescription medications you take with you in a large Ziploc bag for your admitting nurse to review.
- Arrive on-time as directed by our office and/or hospital personnel.