



Preparation for ANAL SURGERY:

- Prior to surgery purchase the following supplies:
 - Fiber supplement (Metamucil, Citrucel or generic)
 - Colace tablets
 - 4x4 gauze
 - Ibuprofen
 - Hot dogs or frozen peas for postoperative ice bag (place these in the freezer)
 - Keep your receipt to return any unused items
- Please do not take ASPIRIN, FISH OIL, or VITAMIN E for 7 days prior to surgery or IBUPROFEN or NSAIDS for 3 days prior to surgery – these medications increase your bleeding risk and may result in cancellation or delay of your surgery
- Unless you have loose or frequent stools at baseline, start fiber and Colace 24 to 48 hours prior to surgery. Fiber is taken as 1 scoop twice a day with plenty of liquids. Colace can be taken as 1 tablet twice a day.
- Eat a light lunch and clear liquid dinner the day before surgery.
- Use a normal Fleets enema via the anus to cleanse your rectum 2-3 hours prior to surgery (skip this step if you are in severe pain at the anus).
- Do not drink or eat anything for 8 hours preceding your surgery.
- On the morning of surgery take your normal prescribed medications, even though you are fasting, with a small sip of water. Do not take diabetic medications, pills or insulin.
- On the day of surgery, please wear comfortable clothing that is easy to take off and put on.
- Please make arrangements for someone to transport/accompany you to and from surgery due to anesthesia. Riding home alone in a cab is not an acceptable form of transportation.
- **Diabetic patients: please do not take your oral medication/insulin on the morning of surgery as you will be fasting.**
- **If you have any questions or concerns please call the office (602) 995-0822.**