

## **PREOPERATIVE INSTRUCTIONS**

These are general pre-operative instructions that apply to most procedures that we perform. If you have specific questions about your surgery related to pre-operative preparations that are not answered here, please contact my clinic.

**Please DO NOT EAT OR DRINK ANYTHING** (including, coffee and tea, water is accepted) after midnight, or 6-8 hours prior surgery. Please drink water up to 2 hours prior surgery. Do not smoke or use chewing tobacco. Do not chew gum or take hard candy or breath mints on the day of your surgery. Fasting reduces the risk of nausea and vomiting postoperatively, and reduces the risk of regurgitation and pulmonary aspiration, which can have very serious consequences.

### **Medications**

Consult your surgeon for specific instructions if you are on medications for diabetes, high blood pressure, steroids or blood thinners.

Please take necessary medications such as antihypertensive, cardiac, seizure, and asthma medications with sips of water, preferably before you leave your home for your procedure.

Patients with diabetes should continue taking oral hypoglycemics agents until the evening before surgery. If the patient takes insulin, it is common to administer a fraction (one fourth to one half) of the usual morning dose.

Aspirin can be continued until the day of surgery especially if you recently had cardiac stents inserted.

Plavix, Nonsteroidal anti-inflammatory drugs should be discontinued 7 days prior to surgery. If the patient is on warfarin, it is usually discontinued 3 days prior to surgery, if appropriate, this is usually then bridged with injections (Heparin or Clexane) which will be discussed with your anaesthetists.

The prescribing clinician (cardiologists or other) may need to be consulted to be sure it is safe to discontinue these medications or switch to an alternative medication, especially if the patient has a recent heart valve replacement or other serious condition that may need to be taken into consideration.

Other blood thinners such as Apixaban, Eliquis, Xarelto, Rivaroxaban should be discontinued for 2 days except for Xarelto 3 days prior surgery due to significant risk of bleeding.

Do not take any other medications, fish oil or herbal supplements at least a week before surgery.

### **Bowel Preparations**

If you are booked for a colonoscopy, please follow strict instructions for the bowel preparation. We prefer Moviprep, however, other bowel preparation regimens may be used.

DR DRAGO POPOVIC MD PhD FRACS

General & Laparoscopic Surgeon

You are taking MOVIPREP to make your bowels clean so that they are ready for examination or surgery. MOVIPREP works by emptying the contents of your bowels, so you should expect to have watery bowel movements. Please drink plenty of water with Moviprep.

### **General Preparations**

If you suddenly develop cold/flu symptoms or other problems, notify our office immediately. Your procedure may need to be rescheduled if you are ill.

On the morning of your surgery, take a bath or shower and wash your hair to reduce the risk of infection.

Wear loose, comfortable clothing and flat-heeled shoes to the hospital or surgery centre. Remove contact lenses or bring a storage case. Do not wear make-up, body lotions, earrings, jewellery or any body piercings. Please leave your valuables at home. You will also need to remove any dentures, partials or hearing aids prior to surgery.

If you are scheduled for outpatient surgery, arrange for a responsible adult to drive you home. It is also a good idea to have a responsible adult stay with you for the first 24 hours after surgery.

Your admission time will be 60 to 90 minutes before surgery. So, if your surgery is booked for 8:00 AM, you should be in the hospital at least by 7:00 AM.

Our office will contact you a day earlier to discuss your admission time and other concerns (if there are any). The hospital might contact you as well to check on your details and advise you about the procedure and admission time. If you are not sure, it is better to come to hospital earlier.

Some patients will require a Microlax enema on admission. For those patients 90 minutes admission prior to surgery is advisable.

For any issues, please contact our rooms or hospital.

Your Surgeon,

**Dr Drago Popovic**

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