



Texas Health Care

## Colon & Rectal Surgery

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### **BEFORE ANORECTAL SURGERY**

1. If you regularly take Plavix (clopidogrel), stop this medication 14 days prior to surgery.
2. If you regularly take Coumadin (warfarin), stop this medication for \_\_\_\_\_ days prior to surgery.
3. Avoid aspirin or aspirin-containing products (Alka-Seltzer, Anacin, Ascriptin, Ecotrin, Empirin, Excedrin, Halfprin) for 1 week prior to surgery.
4. Avoid anti-inflammatory medications Advil, Aleve, Anaprox, Arthrotec, Celebrex, Clinoril, Daypro, Diclofenac, Etodolac, Feldene, Ibuprofen, Indocid, Indomethacin, Ketoprofen, Ketorolac, Lodine, Motrin, Naprosyn, Nuprin, Relafen, Sulindac, Toradol, Vioxx, Voltaren) for 2 days prior to surgery.
5. To prevent constipation after surgery:
  - Take Miralax (on the shelf at the pharmacy) 1 capful (17 grams) in 8 oz. water or juice once a day, starting 5 days prior to surgery.
  - Increase the amount of fruit and vegetables in the diet, and take 2 tablespoons of fiber (Citrucel, Metamucil, or Konsyl) with 8 ounces of water twice daily, starting 5 days before surgery.
  - Try to drink 6-8 glasses of water per day, starting 5 days prior to surgery.
6. Do not eat or drink anything after midnight of the night before surgery. Take your regular heart or blood pressure medications in the morning with a small sip of water. If you are diabetic, do not take insulin or diabetic medications until after surgery.
7. Take two Fleet enemas (green and white box) per rectum, 30 minutes apart, two hours prior to coming to hospital.

Please call the hospital 2-4 days prior to surgery to set up an appointment, to pre-register and to have your labwork drawn.

Baylor All Saints Medical Center	817-922-1213
Harris Methodist Hospital	817-882-3068
Baylor Surgical Hospital	817-334-5050

Please report to \_\_\_\_\_ Hospital admissions desk at \_\_\_\_\_ on \_\_\_\_\_.

If you have any questions, please call us at 817-924-9002.