

Pre-Operative Instructions

To help ensure you are well prepared for your upcoming procedure, we have provided the following information. As always, please contact us at **615.292.7708** with any questions or concerns.

This is a list of our basic pre-operative instructions. Your specific needs and instructions will be discussed with you individually upon scheduling your procedure.

- You should have nothing to eat or drink after midnight the night before your surgery.
- Medicines that are necessary on the morning of your surgery and approved by anesthesia, may be taken with a very small sip of water.
- Diabetics who normally take insulin every morning should only take 1/2 of their usual dose the morning of surgery.
- Do NOT wear any jewelry, piercings, make-up, or polish on your finger and toe nails. Also refrain from deodorant, lotion, and fragrance.
- Take a shower the night before as well as the morning of your surgery using Antibacterial Dial or Phisohex (available at your local pharmacy).
- Wear comfortable, non-constrictive clothing In case of breast procedures, you may want to choose a top that buttons or zips in the front.
- Do NOT take any of the following over-the-counter medicines for at least 5 days prior to your surgery: Aspirin, Motrin, Advil, Aleve, Goody's or BC Powder.
- Also refrain from any diet medication for weight control 14 days prior to surgery, such as: Meridia, Phentermine, Metabolife, Xanadrine and related products.
- If you are taking Plavix (Clopidogrel) or Coumadin (Warfarin), make certain that you have discussed this with your surgeon.
- Have a trusted adult drive you home after your surgery.
- Keep a pillow in your car for the ride home and also take a gallon freezer Ziploc bag in case you experience nausea on your way home.

PRE-ADMISSION TESTING INFORMATION

Depending on your procedure and facility, it may be necessary for you to complete pre-admission testing (PAT).

- If you are scheduled for a procedure at **Ascension Saint Thomas West Hospital (St. Thomas)**, please call **615.222.3456** and make an appointment, no later than 2 days prior to your surgery.
- If you are scheduled for a procedure at **Ascension Saint Thomas Midtown Hospital (Baptist)**, please call **615.284.5219** and make an appointment, no later than 2 days prior to your surgery.



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BOWEL PREP

You may be asked to complete a bowel prep for certain procedures. Unless otherwise directed, please follow these instructions.

At your local pharmacy: Purchase (1) 10 oz bottle of Magnesium Citrate

The day before your surgery: Drink (1) bottle of Magnesium Citrate 24 hrs. prior to your surgery. Please drink as much of the approved liquids as possible to avoid dehydration and assure the success of your prep.

These items ARE allowed:

- Water
- Clear broths (chicken broth, beef broth, vegetable broth)
- Juices (apple juice, prune juice, grape juice, cranberry juice, lemonade, KoolAid)
- Clear beverages (sodas, tea, coffee)
- Ices/Jell-O (clear Jell-O, popsicles without fruit, Italian ices)

These items are NOT allowed:

- Milk
- Cream
- Milkshakes
- Orange juice
- Tomato juice
- Cream soups
- Oatmeal
- Cream of wheat
- Any soups other than clear broths

CLEAR LIQUID DIET

You may be asked to only consume clear liquids for certain procedures. Unless otherwise directed, please follow these instructions.

The day before surgery:

24 hours prior to your surgery, please drink as much of the approved liquids as possible in order to avoid dehydration and assure success of your prep.

These items ARE allowed:

- Water
- Clear broths (chicken broth, beef broth, vegetable broth)
- Juices (apple juice, prune juice, grape juice, cranberry juice, lemonade, KoolAid)
- Clear beverages (sodas, tea, coffee)
- Ices/Jell-O (clear Jell-O, popsicles without fruit, Italian ices)

These items are NOT allowed:

- Milk
- Cream
- Milkshakes
- Orange juice
- Tomato juice
- Cream soups
- Oatmeal
- Cream of wheat
- Any soups other than clear broths