

# Colorectal Surgical Associates

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**Patient Name:**

**Date & time of surgery:**

**Arrival time:**

**Report to:**

**Doctor:**

- 1) **TWO WEEKS BEFORE PROCEDURE:** Stop herbal and weight loss pills
  
- 2) **STOP THE FOLLOWING MEDICATIONS** (blood thinners/anticoagulants):
  1. Warfarin (Coumadin)
  2. Clopidogrel (Plavix)
  3. Aspirin, Ibuprofen, Advil, Motrin, Aleve
  4. Fish Oil
  5. Multi Vitamins
  6. Cardiotabs
  7. Lovenox
  8. Rivaroxaban (Xarelto)
  9. Dabigatran (Pradaxa)
  10. Apixaban (Eliquis)
  11. Heparin
  12. Enoxaparin
  13. ALL HERBAL MEDS
  14. Chondroitin, dan shen, feverfew, garlic tablets, ginger tablets, ginkgo, ginseng, and quilinggao

**\*\*\*\*\*Our office would like for you to stop the above medications one week before surgery; however, you will need to call your prescribing doctor to find out exactly when they want you to STOP before surgery and when to start after surgery.\*\*\*\*\***

- 3) **Antibiotics:** If you require antibiotics before going to the dentist or for a heart murmur, valvular disease or joint replacement, please call the office at 816-941-0800 Option #2.

## **ONE DAY BEFORE PROCEDURE**

- STOP METFORMIN (Medication usually prescribed for Diabetes)

## ***PREPARATION FOR THE PROCEDURE***

### **1 DAY PRIOR TO YOUR PROCEDURE**

Purchase 2 Fleet Enemas (green and white box) from a pharmacy or supermarket.

### ***IF YOU HAVE AN EARLY MORNING SCHEDULED APPOINTMENT---TAKE THE ENEMAS THE NIGHT BEFORE AROUND 700PM.***

1. Remove the protective tip from the enema.
2. Lie on left side, insert the tip of the enema into the rectum and squeeze the bottle until the bottle is empty.
3. Retain the contents as long as comfortably possible and expel into the toilet.

Immediately after expelling the contents of the first enema, utilize the second enema in the same manner, repeating steps 1, 2, & 3.

4. Continue to drink fluids up until Midnight.

Please do not apply any lubricant to the rectal area, including: creams, lotions, ointments.

### **THE DAY OF PROCEDURE:**

1- NOTHING TO EAT OR DRINK THIS MORNING

2- ***IF YOU DID NOT TAKE THE ENEMAS LAST NIGHT AND YOUR SCHEDULED APPOINTMENT IS LATE MORNING OR AFTERNOON....PLEASE DO THE FOLLOWING---***

Three hours before leaving for the hospital use 2 Fleet Enemas.

- Remove the protective tip from the enema.
- Lie on left side, insert the tip of the enema into the rectum and squeeze the bottle until the bottle is empty.
- Retain the contents as long as comfortably possible and expel into the toilet.

Immediately after expelling the contents of the first enema, utilize the second enema in the same manner, repeating steps 1, 2, & 3.

3- Take your blood pressure, heart and lung medicines as scheduled with a sip of water.

4- Report to the hospital as instructed above.

- **DO NOT EAT OR DRINK ANYTHING THIS MORNING**
- You may take **heart, lung, blood pressure, or seizure medicine with sip of water**. PLEASE LET THE NURSE THAT CHECKS YOU IN AT SURGERY KNOW WHICH MEDICINE YOU TOOK TODAY.

### **AFTER THE PROCEDURE:**

- **YOU CANNOT DRIVE YOURSELF HOME**. YOU NEED TO HAVE SOMEONE DRIVE YOU HOME. YOU CANNOT TAKE PUBLIC TRANSPORTATION (BUS, TAXI, UBER ETC)!!!
- Someone should stay with you at least 12 hours after discharge from the hospital.
- On the day of the surgery you should not drive, use heavy machinery, or sign legal documents.

### **INSURANCE INFORMATION:**

- All Insurance will be called by scheduling to ensure date of activation and obtain prior authorization (if required).
- For specific benefit information, including deductible, out of pocket, co-pay, or any other questions regarding insurance coverage, you will need to call the Customer Service Number on the back of your insurance card.
- There will be a separate fee for the hospital or surgery center and for the anesthesia department (for more information about this you will need to contact the billing department at your procedure location)

### **After Surgery Instructions**

At Colorectal Surgery Associates, it is our goal to improve your quality of life and keep you as comfortable as possible during your healing process. It is our hope the following information while not a “Magic Formula” for a carefree recovery, provides comfort inducing guidelines.

#### **Packing:**

There may be **dissolvable** packing in your anal canal post operatively to prevent bleeding. If packing is present you will be advised after you are awake. The packing may cause you to have a false sensation or urge to have a bowel movement, this feeling is normal and it is important to retain it until your first true bowel movement. Please understand the packing will pass into the toilet with your first bowel movement and can be flushed away in the toilet.

#### **Dressing:**

You may remove your dressing the day after surgery. If your dressing does not remove easily, you may soak it off during the first sitz bath. There is no need to replace the dressing, except to protect your skin and undergarments. You may place a small piece of cotton ball or gauze against the anal opening to prevent any drainage from irritating your skin. Changing this through the day will protect your skin, keeping it clean and dry. If irritation should occur, Bag Balm, a soothing ointment may be applied locally and covered with cotton or gauze. Scanty red discharge or bleeding from the rectal area for about two weeks after your procedure is completely normal. Absorbable/Dissolvable suture material may be felt at the surgical site. Please do not disturb these stitches, they will dissolve and disappear over time.

#### **Showering:**

Feel free to shower the day after surgery. Sometimes drying the area with a hair dryer on a low setting can reduce moisture and prevent chafing.

#### **Pain Control:**

The area around the anus is extremely sensitive; therefore any surgery in this area is usually accompanied by a great deal of discomfort. Because we want you to be as comfortable as possible, we encourage you to use the pain medicine as prescribed as well as apply an ice bag to the perianal area for 20 minutes then removing it for 40 minutes and repeating while you're awake for the first 12-24 hours after surgery.

To maintain a steady state of anti-inflammatory (anti-swelling) medicine in your system take 2-3 Advil (ibuprofen) every 6 hours around the clock for 5 days with food. Advil can irritate your stomach so it is best to take it with food. Do not take Advil if you have Crohn's Disease or a history of ulcers.

Additionally you will be prescribed a narcotic pain reliever containing acetaminophen (Tylenol). You may take 1-2 tabs of this medication every 4 hours with food, if needed to help keep you more comfortable. Pain medicines can cause nausea so it is best to take it with food. CAUTION: DO NOT TAKE ADDITIONAL ACETAMINPHEN CONTAINING MEDICATIONS.

**Do not drive a motorized vehicle or machinery if you are taking narcotic/prescription pain medication.**

As your pain subsides, you may discontinue the use of the prescription narcotic pain medications and begin alternating between taking Tylenol and Advil every 4-6 hours.

#### **Sitz baths:**

Sitz baths relax the muscles around the anus which provides additional comfort. Sitz baths consist of soaking in plain water, as warm as you can tolerate (not uncomfortably hot) in a bathtub or plastic Sitz bath purchased at the pharmacy. The baths will make you more comfortable and also help in the cleaning of the anal area. You may start taking Sitz baths the night of surgery by soaking for 10-15 minutes. After a Sitz bath you may spray the anal area with Dermoplast (white aerosol can with blue top available at your local drugstore) which contains moisturizers and topical anesthetics for additional comfort.

Each day after, you may find it helpful to take a Sitz bath four times a day or wash briefly in the shower, avoiding the use of soap around the anal area, after each bowel movement, as cleansing with tissue will be less effective and more uncomfortable.

A Peri bottle, (a 16 oz squirt bottle) may be filled with warm tap water and used to irrigate the wound if a shower is unavailable.

#### **Diet and physical activity:**

There is no need for significant restrictions in your diet; only that you may want to avoid spicy foods. Water intake of at 64 oz. in addition to vegetables and fruit is essential to help keep stools soft.

Avoid squatting and strenuous activities for 1 week, as this may increase bleeding. You may climb stairs. Avoid sitting on a "donut"; use a regular small, soft pillow if needed. You may return to work as soon as you are reasonably comfortable.

#### **Sexual Activity:**

Avoid sexual activity (vaginal and rectal) until **clearance from your surgeon is received.** Use sanitary pads instead of tampons during menstrual periods until the area is completely healed.

#### **Bowel movements:**

**MOST IMPORTANTLY CONSTIPATION and STRAINING MUST BE AVOIDED AFTER SURGERY.**

The pain medicines prescribed have a constipating effect, as does the "fear of a bowel movement".

**Take three Colace (or generic) tablets daily.**

**Take one tablespoon of Benefiber (or any fiber supplement) with 8 ounces of water and an additional 54 ounces of water or non-caffeinated liquids daily.**

The fluid is needed to help move the fiber through your colon.

**If you do not have a bowel movement as least every other day, take two tablespoons of Milk of Magnesia.**

It may be helpful to supplement a small dose of Milk of Magnesia (1-2 tablespoons) at bedtime, as it sometimes takes several days for the fiber to start working well.

It is common to have some bleeding and discomfort with bowel movements for the first few weeks after surgery, especially if the stool becomes too firm.

*\*The above can be adjusted if you are having diarrhea\**

**Difficulty with Urination:**

If you have difficulty urinating, sit in a warm bath/sitz bath and try to urinate in the tub.

WOMEN: If you are still unable to void after the sitz bath, you should go to your local EMERGENCY ROOM for placement of a urinary catheter.

MEN: A prescription for tamsulosin (Flomax) may have been provided at discharge or may be called in for you to address this issue. If you are still unable to void after the sitz bath, you should go to your local EMERGENCY ROOM for placement of a urinary catheter.

**Office visit:** Please call the office and arrange an appointment with our **Nurse Practitioner** approximately **2 weeks** after your surgery.

**CONTACT OUR OFFICE IF YOU EXPERIENCE:**

- **EXCESSIVE BLEEDING** : soaked bandages, blood running down your leg
- **PAIN**: which is not controlled by the medication prescribed
- **VOMITING**: that persists overnight into the next day
- **SIGNS OF INFECTION**:  
Temperature greater than 101 degrees F, chills, excessive redness or swelling around the surgical site, purulent or foul smelling drainage from the surgical site

**Problems:**

We are available to you on a 24 hours basis. If you or your family has any questions or there is any problem, please do not hesitate to call us at 816-941-0800.

**PAIN MEDICATION REFILL GUIDELINES**

Due to new federal guidelines, narcotics can no longer be refilled over the phone. This means that the prescription has to be hand written and signed by the physician and picked up at one of our office locations to be taken to the pharmacy. **PLEASE PLAN AHEAD FOR WHEN A REFILL WILL BE NEEDED AND CONTACT THE OFFICE AS SOON AS POSSIBLE. THIS WILL ENSURE WE HAVE A DOCTOR AVAILABLE TO WRITE AND SIGN A PRESCRIPTION TO PREVENT ANY DELAY IN GETTING YOUR REFILL.**

***NOTE: Refill requests after 1200pm on a Friday, will be filled on Monday when a doctor is available.***

