

Colorectal Surgical Associates

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PREP INSTRUCTIONS FOR SURGERY

Date/Time of Surgery:

Time of Arrival:

Hospital:

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.
- 4) **Pre-Operative Hospital Appointment:** Depending on the type of surgery, you are having, your age and many other factors you will be contacted by the Pre-Operative nurses at the hospital for an appointment.
- 5) **ASSISTANT:** An assistant may be used for your surgery. If an assistant is used for your surgery, you may see a separate charge. Please call our office if you have any questions regarding this matter.

- 6) **Prep Items:** Over the counter items, you will need to purchase.
- Dulcolax Laxative Tablets 4 tablets, or similar store brand
 - One Miralax 8.3 oz (238 gram) bottle
 - One 64 ounce bottle of Gatorade (or for a NO SUGAR option you can choose to drink PowerAde Zero) **No red or purple**
- 7) **Pharmacy Items:** Pick up the Nichol's Prep (Neomycin, Flagyl, and Reglan) from pharmacy_____. Prescriptions will be sent out the week of your scheduled procedure.

**** Nichol's Prep is a Neomycin-Flagyl intestinal preparation to reduce the incidence of infectious complications following colon surgery. ****

PREP INSTRUCTIONS: ONE DAY BEFORE PROCEDURE

- 1) **STOP taking METFORMIN** (Medication usually prescribed for Diabetes)
- 2) **You will be on CLEAR LIQUIDS all day long.**
 - You may have hard candy.
 - NO SOLID FOOD.
 - Clear Liquids are: Black Coffee, Tea, Soda, all clear Juice, Gatorade, Popsicles, Jell-O, and Beef or Chicken Broth.
 - **NOTHING RED OR PURPLE IN COLOR**
 - **NO PULP IN JUICE OR POPSICLES**
- 3) In the morning, mix the Miralax with the 64 ounces of Gatorade, shake well and refrigerate.
- 4) **At 1230PM** Take the Reglan Pill (this is to help with possible nausea)
- 5) **At 100PM** take 2 Dulcolax tablets with water **AND At 100pm** Take Both Neomycin and Flagyl Pills
- 6) **At 200PM** Take Both Neomycin and Flagyl Pills
- 7) **At 300PM** complete steps A and B below:
 - A) Start drinking the Miralax solution, until ½ the liquid is gone (four 8oz glasses). Drink one 8oz glass every ten minutes until ½ the solution is finished. Try to drink the solution quickly (ice and a straw may be helpful.)
 - B) Return remainder to refrigerator and maintain a CLEAR LIQUID diet until bedtime.
- 8) **At 500PM** take 2 Dulcolax tablets.
- 9) **At 800PM** complete steps A and B below:

- A) Drink the remaining Miralax solution, four 8oz glasses.
- B) Drink at least 3 additional glasses of clear liquid before bedtime.

10) **At 1100PM** Take Both Neomycin and Flagyl Pills

11) **NOTHING TO EAT OR DRINK AFTER MIDNIGHT.** (You might be instructed to drink a carbohydrate rich beverage a few hours before your scheduled surgery by the pre-operative nurses at the hospital. This is acceptable to drink. Please do not drink or eat anything other than this approved drink after Midnight.)

***If you experience severe pain or vomiting with the preparation, please call 816-941-0800
OPTION #3***

DAY OF SURGERY:

- **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.

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)

PLEASE CALL OUR OFFICE WITH ANY QUESTIONS (816-941-0800)

Postoperative Instructions for Abdominal Surgery

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.

Dressing:

You may remove your dressing during your first shower. There is no need to replace the dressing, except to provide comfort or protect your skin and undergarments.

Showering:

You may shower 48 hours after surgery allowing the water and soap to run over the incisions and patting the incisions dry afterward. Sometimes drying the area with a hair dryer on a low setting can reduce moisture and prevent chafing.

Pain Control:

To keep you to be as comfortable as possible, we have 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 ease your discomfort. Pain medicines can cause nausea so it is best to take it with food.

CAUTION:

DO NOT TAKE ADDITIONAL ACETAMINPHEN CONTAINING MEDICATIONS.

DO NOT DRINK ALCOHOLIC BEVERAGES WHILE TAKING NARCOTIC/PRESCRIPTION PAIN MEDICATIONS.

DO NOT DRIVE A MOTORIZED VEHICLE OR MACHINERY IF YOU ARE TAKING NARCOTIC/PRESCRIPTION PAIN MEDICATIONS.

Avoid aspirin unless taken on a daily basis as prescribed by internist or cardiologist. Please check with your surgeon before resuming your daily aspirin.

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.

Abdominal Incision:

Most incisions are closed with a dissolvable suture that will not need to be removed; however, if your incision(s) were closed with skin staples, they will be removed at your 2 week post op office visit with our nurse practitioner.

Presence of a colostomy or ileostomy:

Drinking at least 64 oz. of water is of utmost importance to maintain proper hydration. Enterostomal nurses at the hospital will provide guidance and instruction regarding the care of your stoma and the use of necessary appliances. Home health nurses are also available to help you transition to self-care.

Activities:

- Increase activity gradually over the next 4-6 weeks.
- Refrain from aerobic or other athletic activities for 6 weeks.
- Refrain from straining or vacuuming, lifting, pushing or pulling anything in excess of 10 lbs.
- Increase your strength by walking a little more each day; starting in your home, then gradually working your way to the end of the driveway, then down the street, etc. Stop or rest if you get tired or sore.
- Climb stairs as tolerated but do not carry anything with you as you climb the stairs.
- Refrain from driving a motorized vehicle for at least 2 weeks. You may ride in a car as a passenger as soon as it is comfortable.
- Resume sexual relations as tolerated, when you are pain free, approximately 2-4 weeks postop.
- Talk with your physician regarding the specifics of returning to work. Typically you will be able to return to work 6 weeks after surgery; however your occupation and your recovery will determine when returning to work is most appropriate for you.

Diet:

- Consider eating several smaller meals throughout the day instead of 3 large meals a day.
- Eat cooked fruits and vegetables. Avoid raw fruits and vegetables for 2 weeks after surgery. Reintroduce fresh, raw fruits and vegetables slowly.
- Drink approximately 6-8, 8 oz. glasses of water a day. Keep caffeinated beverages (coffee, tea, soda) to a minimum, as these may dehydrate you.

Follow Up Appointments:

- Please make an appointment with our nurse practitioner approximately 2-3 weeks after surgery and another appointment with your surgeon approximately 4-5 weeks after your surgery.
- If present, all skin staples will be removed during your follow up visit with our Nurse Practitioner.

If you experience any of the following symptoms, please call us at 816-941-0800:

- **Redness, swelling, tenderness or unusual drainage from your incision.**
- **Fever of 101 degrees or higher.**
- **Constipation:** If you have not had a bowel movement in 2 days.
- **Diarrhea:** Occasionally patients have frequent stools for 1-2 months following colon surgery. If you have true diarrhea, please call our office.
- **Severe abdominal pain.**
- **Nausea or vomiting.**
- **Difficulty with Urination:**

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

WOMEN: If you are still unable to urinate 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 after 1 hour of taking the tamsulosin you are still unable to urinate, proceed to your local EMERGENCY ROOM.

Remember we are available to you 24 hours a day, 7 days a week. If you or your family has any questions or there is any problem, please do not hesitate to call us. Please pack these instructions in your suitcase and bring to the hospital upon admission. Your doctor will review them with you on discharge. For further questions please call our main office number at (816-941-0800).