

# PRE-OPERATIVE INSTRUCTIONS



- Report to Admissions located at the B Wing Entrance at Lakeland Regional Medical Center on \_\_\_\_\_ at \_\_\_\_\_. Call 863-680-7450 on \_\_\_\_\_ for the exact time of surgery. It is extremely important that you show up for your scheduled admission time. If you will be late, please call 863-687-1151.
- Report to Admissions located at the B Wing Entrance at Lakeland Regional Medical Center on \_\_\_\_\_ at \_\_\_\_\_. Call 863-680-7312 and ask for our office nurse on \_\_\_\_\_ for the exact time of surgery. It is extremely important that you show up for your scheduled admission time.
- Please take a shower the evening before and the morning of your surgery. Use an antimicrobial soap such as “Hibiclens” or “Phisoderm.”  
(This applies to patients that are having abdominal surgery or a port placed.)
- BOWEL PREP 1:** At 11 a.m. \_\_\_\_\_ drink the entire bottle of Magnesium Citrate. Also, nothing but clear liquids after 11 a.m. \_\_\_\_\_.
- Nothing to eat or drink after midnight, \_\_\_\_\_. This includes mints & chewing gum.
- BOWEL PREP 2:** Fleet enema morning of surgery.
- Use the betadine douche provided the morning of your surgery.
- Take medications as directed by prescribing physician.
- Take blood pressure medication with small sip of water the morning of surgery.
- If you are a smoker, we do ask that you attempt to stop smoking for a week prior to your surgery.
- Please let us know if you are on any medication known to thin your blood, such as:** Plavix, Coumadin, Heparin, Aspirin and non-steroidal anti-inflammatory medications. (See list included in your packet.) If you are on a medication that you are unsure of, please ask either your prescribing physician or your pharmacist if this medication will thin your blood. You will be asked to stop taking these medications for five days prior to surgery. This will reduce your risk of excessive bleeding during your surgical procedure.
- If you are taking meds such as Insulin and/or Coumadin, please contact your internist and let them know you are scheduled for surgery. They will adjust your dosage accordingly.
- If you are taking oral diabetic medications, including Glugophage (Metformin), stop them 24 hours before surgery.
- Due to the possible side effects (*hypertension, prolonged bleeding time, prolonged sedation, etc.*) of certain herbal preparations, vitamin E or multi-vitamins, we ask that you also **discontinue these five days prior to surgery.** You will be able to resume most medications after your surgery.


See reverse side for more information.



## Pre-Surgical Shower

Before surgery, you can play an important role in your own health. Because skin is not sterile, we need to be sure that your skin is as free of germs as possible **before** surgery. You can reduce the number of germs on your skin by carefully washing before surgery. Following these instructions will help you be sure that your skin is clean before surgery.

**Important:** You will need to shower with a special soap called **chlorhexidine gluconate (CHG)**. A common brand name for this soap is “**Hibiclens**,” but any brand is acceptable for use. The soap may come in a liquid form or in a scrub brush applicator. Either form is acceptable.

 CHG should not be used by people allergic to chlorhexidine. If allergic to chlorhexidine, please use an antimicrobial soap containing “**Triclosan**” such as “**Provon**” or “**Aquasept**.”

 Check with your pharmacy on other appropriate products.

1. Shower or bathe with CHG **the night before your surgery AND the morning of your surgery**. Do not shave the area of your body where your surgery will be performed.
2. With each shower or bath, wash your hair as usual with your normal shampoo.
3. Rinse your hair and body thoroughly after you shampoo your hair to remove the shampoo residue.
4. Then apply the CHG soap to your entire body from the neck down.
5. Do not use CHG near your eyes or ears to avoid permanent injury to those areas. **Do not use CHG in the genital area.**
6. Wash thoroughly, paying special attention to the area where your surgery will be performed (if applicable).
7. Turn water off to prevent rinsing the soap off too soon. Wash your body gently for five (5) minutes. Do not scrub your skin too hard. Do not wash with your regular soap after CHG is used.
8. Turn the water back on and rinse your body thoroughly.
9. Pat yourself dry with a clean, soft towel.

See reverse side for more information.