

Preparation for Anal Surgery- Dr. Landmann

Your operation is scheduled for _____ at Baptist Medical Center. Our plan is to have you prepare for this surgery at home. This results in savings for the total cost of your hospital stay, while assuring great outcomes for you. This does require your careful attention to accurately follow these instructions at home.

Check the following as you complete the preparation:

- Eat a well-balanced diet., starting **6 weeks before surgery**, Drink plenty of water and fluids
- Drink 3 protein shakes(Ensure, Enlive, Ensure Plus or Boost Plus)throughout the day
- Your evening meal should be CLEAR LIQUIDS ONLY
- Do NOT drink alcohol for at least **24 hours before surgery**
- Do NOT smoke/vape/chew tobacco at least **24 hours before surgery**. It is recommended to stop at least **6 weeks prior** to surgery.

DO NOT eat anything including solid foods, protein shakes, creamer, milk, gum, candy, or mints **after the midnight before** your procedure or surgery. You may drink only clear liquids: (water, flavored water, apple juice, cranberry juice (no pulp), black coffee (nothing added) or tea (nothing added). **You may drink clear liquids after midnight until 2 hours prior to your arrival time** for surgery. If Baptist Health has given you a pre-surgery drink, **finish contents 2 hours prior to your scheduled arrival time. Finish contents within 10 minutes.** If you become nauseated, stop drinking. NOTE: Do not drink any other fluids after you finish the pre-surgery drink. **If not given a pre-surgery drink, then stop drinking clear liquids 2 hours prior to scheduled arrival time. Stop drinking liquids at _____ which is 2 hours prior to your scheduled arrival time.** You can brush your teeth, but don't swallow any water.

- _____ 1. Take Fleet enema at 8-9:00pm
- _____ 2. The morning of your admission to the hospital, one hour prior to your arrival, take another Fleet enema. If there is still a lot of stool present, repeat with another Fleet enema
- _____ 3. Report to Baptist Medical Center at _____ on _____

√ **Please check in at PACE/Day Stay located at 800 Prudential Drive,
1st Floor of the Heart Hospital**

Transportation

A designated driver (family member or friend) will need to drive you home upon discharge.

You cannot undergo the operation without a designated driver.

Clothing

Wear loose comfortable clothing. A minimal amount of makeup is OK. You must remove contact lenses, false eyelashes, artificial limbs, tampons, hairpins, hair decorations, rings, watches and other jewelry. You may wear dentures, eyeglasses, hearing aids and wigs to surgery, holding area.

Valuables: Please leave all valuables (rings, watches, money and other jewelry, etc.) at home.

Questions: Please call our Nurse Triage line at **(904) 202-7300 Option 4** or your clinic nurse, 8 a.m. to 5 p.m. Monday through Friday and (904) 202-7300 after hours, holidays, and weekends.

It is important that you arrive at the hospital on time to complete any other preparation before surgery