



*seamless innovation for your wellbeing*

## ANAL AND RECTAL SURGERY PRE-OP INSTRUCTIONS

HEMORRHOIDECTOMY, FISSURECTOMY, SPHINCTEROTOMY, FISTULOTOMY, ANAL WARTS REMOVAL, ANAL BIOPSY, ANAL DILATION, ANAL SETON REMOVAL, RECTAL BIOPSY, RECTAL PROLAPSE SURGERY, RECTAL MASS REMOVAL, ANAL CANCER REMOVAL, ANAL SKIN TAG REMOVAL, LASER ABLATION OF HPV OR AIN CIS

### PRIOR TO SURGERY:

#### **Purchase supplies that will be needed after surgery**

- Mineral Oil
- Light day pads
- Sitz Bath (optional, may use tub or hand held shower head)
- Frozen peas or hot dogs to freeze individually wrapped

### THE DAY BEFORE YOUR SURGERY:

#### **Diet**

- You may eat breakfast and a light lunch day prior
- Clear liquids only for dinner on day prior
- You may drink clear liquid until 6 hours prior to your surgery. Examples of clear liquids: water, popsicles, ice, soft drinks, Gatorade, clear broth or bouillon, Jell-O, Kool aid, coffee or tea (NO MILK OR CREAM)
- Nothing by mouth including water, mints, and gum for at least 6 hours prior to surgery

#### **Medications**

- If you are generally constipated, please take your normal laxative
- Take your medication as usual the day before your surgery

### THE DAY OF SURGERY:

- Nothing by mouth 6 hours prior
- If you take prescribed medication, you may take them with a small sip of water
- If you are diabetic DO NOT take your oral medication or insulin the morning of surgery
- Wear comfortable clothing that is easy to get in and out of, and form fitting underwear (no boxers or thongs) to the surgery
- Please make arrangements for someone to transport you to and from surgery (due to anesthesia) and to stay with you for 24 hours after surgery.

IF YOU HAVE ANY QUESTIONS PLEASE CALL THE OFFICE AT (602) 253-4271

IF YOU NEED TO CANCEL OR RESCHEDULE PLEASE CALL **JD EXT. 2008**

We hope to make this experience as pain free and as simple as possible

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