



COLON AND RECTAL CENTER OF ARIZONA

Adrienne Forstner-Barthell, M.D. 18275 N 59th Ave Suite 178 Glendale, AZ 85308 Ph (602) 993-2622 Fax(602) 993-2922
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A member of Arizona Associated Surgeons

Preparing for your Abdominal Surgery

Appointment Info (date and check in time) _____

- ___ St. Joseph's Hospital 350 W. Thomas Rd Phoenix, AZ 85013 / 602-406-3209
- ___ Banner T-Bird Hospital 5555 W. T-Bird Rd Glendale, AZ 85306 / 602-865-2008
- ___ Arrowhead Hospital 18701 N. 67th Ave Glendale, AZ 85308 / 623-561-7191

Six weeks prior to your surgery:

- ✓ Stop smoking. Evidence shows improved healing of your surgery site and fewer problems with postoperative fevers and pneumonia. Active smokers have a lot of mucous and lung secretions in the days following surgery that they have to clear from their lungs, and coughing will be painful due to your incisions.

One week prior to surgery:

- ✓ If you take aspirin, Coumadin, Plavix or other blood thinners, stop these medications as directed by your surgeon. If you are unsure, call the surgeon's office.
- ✓ If you have been instructed to take a bowel preparation prior to your surgery, make sure your prescription gets filled at a pharmacy of your choice. While there, purchase plenty of clear liquids (anything you can see through, like apple juice) that you like. You will have better results by drinking plenty of liquids with your preparation.
- ✓ Check your normal prescription medication bottles and be sure that you have enough for at least two weeks after surgery. In most cases you will be discharged from the hospital on the same medication you took at admission. If you do not have enough, contact your primary care doctor for refills.
- ✓ Complete your grocery shopping (buy some comfort foods) and pay any bills. Complete any necessary household tasks. You may not feel up to doing these tasks until a few weeks after your operation.
- ✓ Purchase protein drinks- Boost, Ensure, Carnation Instant Breakfast, etc. You will be expected to take one of these daily after surgery.

One day prior to surgery:

- ✓ If you are diabetic and take Meformin or glucophage, stop these medications now.
- ✓ If you were given a bowel preparation of Magnesium Citrate, Miralax, Moviprep or Osmoprep, or any other bowel prep, you may start it as directed. Stay on a clear liquid diet. These medications are much more effective if you drink plenty of clear liquids with them. – **I will call you the week prior to your procedure to let you know of your prep, if any.**
- ✓ The evening before surgery shower thoroughly with the antibacterial skin wash.
- ✓ If you have diabetes and take long acting insulin in the evening, take half of your usual dose the day prior to surgery.

On the morning of your surgery:

- ✓ You should not eat or drink anything for 8 hours before your surgery. Consumption of anything for the 8 hours preceding your surgery increases your change of developing



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pneumonia around the time of the operation. Your anesthesiologist will cancel your surgery if you eat or drink anything.

- ✓ If you take medications for your heart or blood pressure, be sure you take these with a small sip of water. **DO NOT SKIP THESE.** Taking these with a small sip of water does not increase your risk of pneumonia.
- ✓ Shower thoroughly for ten minutes with antibacterial skin wash.
- ✓ Bring bottles of any regular prescription medications you take with you in a large Ziploc bag for your admitting nurse to review.
- ✓ If you use a CPAP machine, please bring this with you.
- ✓ Arrive on-time as directed by our office and/or the hospital personnel.

What to bring to the hospital:

- ✓ You will likely need ID and insurance information; do not bring other unnecessary information.
- ✓ On the morning of your surgery, bring your bottles of regular prescription medications you take in a large Ziploc bag for your admitting nurse to review. These can go home after the admitting nurse reviews as you will continue your medications from the hospital pharmacy while you are inpatient.
- ✓ Bring a list of important phone numbers that you might need after surgery, like friends and family.
- ✓ The hospital has utility bathrobes that it will supply you with during your stay, but if you have a favorite bathrobe you can use it. Be sure it is labeled with your name and bring it. You will need to use the hospital pajamas instead of your home pajamas as your IV's, incisions and post-operative tubes will not work well with your home items.
- ✓ The hospital will supply sock-slippers. If you have a comfortable pair of home slippers, label them with your name and bring them.
- ✓ You will be supplied with toothpaste and a toothbrush from the hospital supply. If you prefer to use your own toothbrush and toothpaste brand, label these and bring them with you. You will not be supplied with dental floss. So bring it if you need it.
- ✓ Bring a hairbrush if you use one regularly. The hospital will supply combs.
- ✓ The hospital can supply you with basic shaving necessities, but if you have your own, you may want to label them with your name and bring them.
- ✓ Bring a loose fitting comfortable outfit and shoes to wear home on the day you are discharged from the hospital. You will have an abdominal incision so you want to choose an outfit that is not too tight at the waist, like a t-shirt and sweatpants.
- ✓ All metal jewelry including rings and body piercings must be removed during the time you are asleep for the operation. We suggest you leave these at home or with a family member.
- ✓ Do not bring money or valuable items with you to the hospital.

If you have any questions, contact Dr. Forstner-Barthell's office at (602) 993-2622.