

Your Appointment: Date: _____ Check In _____ Surgery Time _____

- Arrowhead Hospital 18701 N 67th Ave Glendale AZ 853308/623-561-7107
- Banner Thunderbird Surgery Center 5555 W Thunderbird Rd Ste 150 Glendale AZ 85308/602-607-5770
- Metro Surgery Center 6790 W Thunderbird Rd Peoria, AZ 85381/623-979-1717
- Honor Health Deer Valley Hospital 19829 N 27th Ave Phoenix AZ 85027/623-879-6100 (Dr Forstner Only)
- St Joseph's Surgery Center 240 W Thomas Rd Phoenix, AZ 85013/602-406-3533 (Dr Makarawo Only)
- Honor Health John C. Lincoln 250 E Dunlap Ave Phoenix AZ 85020/602-943-2381 (Dr Makarawo Only)

Please do not take ASPIRIN, any medications with IBUPROFEN, (Motrin, Advil, Excedrin, Aleve, Celebrex, etc) any joint supplements (glucosamine, chondroitin, etc) and herbal vitamin supplements, CBD Oil, medical marijuana or NSAIDS for 7 days prior to surgery – these medications increase your bleeding risk and may result in cancellation or delay of your surgery. A regular multivitamin and Tylenol are ok to take up until the day of surgery.

Please purchase the following items prior to surgery to have at home (Walgreen's/CVS/Wal-Mart):

1. A Fleet enema.
2. Stool softeners (Colace), fiber (Metamucil/Citrucel) and laxatives (Senokot-S / Milk of Magnesia)
3. Maxipads or 4x4 gauze and panty-liners
4. Sitz bath for the toilet to assist with soaking
5. Frozen peas, ice packs

Instructions:

- Start the fiber and 2 Colace 48 hours prior to surgery unless you suffer from loose stools or multiple stools on a daily basis. Keep the Senokot and Milk of Magnesia for after surgery
- The day before surgery, you may eat a light lunch and clear liquid dinner.
- Use the fleet enema 2-3 hours prior to surgery or first thing in the morning if you have an early morning surgery.
- Do not drink or eat anything for 6 hours before your surgery. Example: If surgery is scheduled at 2 p.m., you may drink up until 8 a.m. **NOTHING TO EAT OR DRINK FOR AT LEAST 6 HOURS PRIOR TO SURGERY**
- If you take any prescribed medications, you may take them in the morning with a sip of water.
- Women if you are on your menstrual cycle please wear a tampon during the procedure.

For our diabetic patients, you should not take your oral medication/insulin on the morning of surgery as you will be fasting.

On the day of surgery, please wear comfortable clothing that is easy to put on and take off. Underwear should be form-fitting (no thongs or boxers) as your dressings will be held on by them.

Please make arrangements for someone to transport you to and from surgery due to anesthesia. A **cab** is not an acceptable form of transportation. We also advise you to have someone stay at home with you for 24 hours after surgery.