



# Colorectal Surgery

Your instructions for before your operation

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# Important Note

- This contains general instructions for colorectal surgery and may not be tailored to your individual needs.
- If you were given different instructions at your pre-op appointment, please follow those instructions given by your provider.

## 2 Weeks Prior to Surgery

- Obtain **medical or cardiac pre-op clearance** from your doctors if you were instructed to do so. Try to set these appointments well in advance.
- Schedule a **pre-op visit** with us **5-10 days** before your surgery.
- Exercise or walk for 30 minutes a day, 3-7 times a week.
- If you have diabetes, try keep your blood sugar well-controlled.

## 5 Days Prior to Surgery

- Start 2 tabs of a **probiotic daily**.
  - We sell *Ultimate Flora* in our office.
- Start taking a diet supplement 3 times a day for the 5 days before surgery. These are available over the counter:
  - **Impact or Ensure Surgery**
  - **Boost Glucose Control** (if you have diabetes)
- Make arrangements to complete your **pre-op lab work**.
  - You can do this at the Silver Cross Hospital Outpatient Testing Center or your Primary Care Doctor's office.

## 5 Days Prior to Surgery, cont.

- **Stop blood-thinning medications** such as Aspirin, NSAIDs, Ibuprofen, Naproxen, Excedrin, Celebrex, diclofenac, fish oil and all herbal medications.
- If you take a prescription blood-thinner or anti-platelet (anti-coagulant), such as Coumadin, Xarelto, Eliquis, or Plavix, check with the prescribing doctor as to when you can stop. This is usually 5 days before surgery.

## 5 Days Prior to Surgery, cont.

- Use **Hibiclens Skin Cleanser** as a daily body wash on your abdomen and pelvis with a clean wash cloth and shower thoroughly.
- It is available over the counter. The generic name is chlorhexidine.



## 2 Days Prior to Surgery

- Start a low-fiber and low-dairy diet for 2 days before surgery.
- **Avoid:** seeds, nuts, fresh or dried fruits and vegetables, whole-grain breads and cereals, beans, peas, lentils, tough meats with gristle, please limit to a small amount of dairy (milk, cheese and ice cream)



## 2 Days Prior to Surgery, cont.

- These foods are okay to eat:
- **Grains:** breads from refined white flour (muffins, bagels, pasta, white rice, saltine crackers, puffed rice cereal, corn flakes)
- **Protein:** chicken, turkey, lamb, lean pork, seafood, eggs, tofu
- **Fruits and vegetables:** fruit juice without pulp, applesauce, ripe cantaloupe and honeydew, cooked potatoes without skin, mashed potatoes
- **Soup:** broths and strained soups
- **Drinks:** coffee, tea, clear fruit juice, soda, carbonated beverages, Ensure, Boost, Impact or other shakes without added fiber
- **Dessert:** pudding, Jello, custard



# The Day Before Surgery

- The hospital should call to confirm your surgery arrival time.
- Take **30 mL of Milk of Magnesia** at 9:00am (available over the counter)
- Take the antibiotics prescribed by your surgeon:
- **Metronidazole** 500 mg, 1 tablet **OR** **Erythromycin** 500 mg, 2 tabs at: 2:00pm, 3:00pm and 10:00pm
- **Neomycin** 500 mg, 2 tablets at: 2:00pm, 3:00pm and 10:00pm

Please **DO NOT** eat any solid food after 6pm and nothing except for sips of water after midnight!

# The Day Before Surgery, cont.

**\*Do not eat or drink anything after midnight before your surgery.**

## **Why?**

This measure greatly reduces your risk for complications including nausea, vomiting, pneumonia and death from aspiration.

\*You may have sips of water up until 3 hours before your scheduled surgery. You are allowed an Ensure pre-surgery drink (see Day of Surgery page).

# The Night Before Surgery

- Remember to use the Hibiclens wash in the shower.
- **Stop shaving the surgical site** (abdomen/pelvis) as this raises the risk for infection by 500%.
  - If necessary, our surgical staff will shave the surgical site in a sterile fashion on the day of your surgery.

# The Day of Surgery



- Drink your **Ensure Pre-Surgery drink 3 hours before surgery.**
  - This is a clear liquid that reduces the risk of nausea, vomiting and high/low blood sugar.
- Sips of water and your pre-surgery drink are okay until 3 hours pre-op.
- If you take **blood pressure or anti-seizure medication**, take them on the morning of surgery with a sip of water.

# The Day of Surgery, cont.

- Pack anything you may need for your overnight hospital stay.
- Wear clean clothes. Do not apply lotions or perfumes. Do not shave.
- Relax! You are in good hands!



**Still have questions?**



Contact us at (815) 717-8730