



Colorectal Center of San Diego, Inc.

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ANORECTAL SURGERY PREP INSTRUCTIONS

Surgery Date: _____ **Scheduled Surgery Time:** _____
Arrival/Check-in Time: _____

- Stop all aspirin and Ibuprofen-containing products 7 days before surgery unless you have been told otherwise by your surgeon. If you are on Plavix, Coumadin/Warfarin, or another blood thinner ask your surgeon for instructions.
- Do not eat or drink anything for the 8 hours prior to surgery.
- Take your other doctor-prescribed morning medications with a few sips of water.
- If your surgery is before noon, purchase a saline enema from the grocery/drug store and administer it, per the instructions on the box, one hour before you leave home .
- If your surgery is after 12pm, purchase 2 saline enemas from the grocery/drug store. Administer the first one, per the instructions on the box, in the morning when you wake up . Administer the 2nd enema, per the instructions on the box, 1 hour before you leave for your surgery .