

**DAY BEFORE SURGERY AND DAY OF SURGERY:**

**BOWEL PREP** in abdominal or laparoscopic surgery to minimize bowel injury. Plan to stay close to home the day before surgery if you are doing a bowel prep. This entails drinking an over-the-counter preparation that gives you diarrhea to clean out your intestine.

**FAST AFTER MIDNIGHT BEFORE YOUR SURGERY. NO FOOD OR LIQUID!** Some medications should be taken the morning of surgery with just a sip of water. These usually include blood pressure or heart medications. Ask your doctor about what to take or not take.

**IN THE FEW WEEKS PRIOR TO SURGERY:**

**STOP ALL ANTI-INFLAMMATORY MEDICATIONS, ASPIRIN, OR HERBAL MEDICATIONS** for at least one week prior to surgery.

**BLOOD THINNERS (such as coumadin, warfarin, or plavix)** must also be discontinued but you should speak to your Medical Doctor regarding how and when to stop these medications.

**STOP SMOKING** or at least cut down as much as you can. Nicotine constricts small blood vessels throughout the body and interferes with healing. Ask your doctor if we can help you to cut down or quit.

**ARRANGE HELP.** After your surgery, you should not lift anything heavier than a gallon of milk, nor should you be straining to vacuum, carry groceries, or moving boxes or furniture. This is true for a full 2 months. Be prepared and arrange for family and friends to help you.

**LOOK AROUND YOUR HOUSE TO MAKE SURE YOUR ENVIRONMENT WILL BE FRIENDLY FOR YOUR RECOVERY. THAT MEANS:**

Can you get in/out of your bed easily? Waterbeds or mattresses on the floor are more difficult. Have plenty of pillows. Carry some in your car for the trip home. If you are having surgery for a rectocele or perinerrhaphy, obtain a **donut-shaped pillow** to make you more comfortable sitting after your procedure.

Figure out a five-minute walk you can take every two to three hours (inside and outside)

**STOCK UP ON PREPARED FOODS AND FLUIDS.**

Most people's appetites are not great for a couple of days at least. Do not force-feed yourself but do be sure to drink enough fluids.

Eating a lot of fruits, vegetables, salads, is important to avoid constipation after surgery.

Liquids: water, juice, coffee, tea, soda (cola or ginger ale are good for nausea)

Foods: easily prepared well-balanced foods like frozen dinners