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ANAL RECTAL SURGERY PREPARATION

Please notify our office if you are taking Aspirin, Coumadin, Plavix, Ibuprofen, or other blood thinning medications. We also need to know if you have a history of endocarditis or artificial heart valve, which might require prophylactic antibiotics.

1. You will need to follow a clear liquid diet for your dinner the night prior to surgery. (see below for list of "clear liquids")
2. Use one (1) FLEET ENEMA at 8:00 p.m. the night prior to surgery.
3. Take one (1) teaspoon of Metamucil at 9:00 p.m. the night prior to surgery.
4. Have nothing to eat or drink after midnight the night prior to surgery.
5. Take two (2) FLEET ENEMAS three (3) hours prior to surgery.

What are "Clear Liquids"?

Water, soft drinks (Orange, Ginger Ale, Cola, Sprite, 7-Up), Gatorade, Kool-Aid, strained fruit juice such as apple juice or white grape juice (clear juices, NO pulp), tea (NO cream), beef or chicken bouillon or broth (fat free, low sodium), plain lemon, lime or orange jell-o (NO fruit, etc.), popsicles (NO sherbets, or fruit bars), hard candies. DO NOT EAT OR DRINK ANYTHING COLORED RED OR PURPLE.

Date of Surgery:

(The hospital will call the day before your procedure to give you the time of your surgery.)