

Surgery Date: _____

PRE-OP INSTRUCTIONS FOR LAPAROSCOPIC SURGERY:

1. MEDICATION:

- Do not take Aspirin, Motrin or related medications for 10 days prior to surgery.
- Do not take herbal medications or vitamin E for 10 days prior to surgery.
- If on blood thinners (ex. Coumadin), you must coordinate stopping these medications with the anticoagulation clinic.
- You may take regular medications with a sip of water on the morning of surgery. If on insulin, take half of your normal dose or consult with your primary physician.

2. BOWEL PREP:

- 2 Days before surgery on _____ and _____ only have a CLEAR liquid diet and no solid foods.
- Clear liquids are liquids that you can see through (ex. water, apple juice, cranberry juice, black coffee or tea(no milk), jell-O (no fruit), popsicles, clear broth.
- Drink one bottle of MAGNESIUM CITRATE starting at 8AM over one hour, for two days before surgery on _____ and _____. You can get this at any pharmacy.
- Apply a Fleets enema in the early morning on the day of surgery.
- Do not eat or drink after midnight, the day before surgery