

QUESTIONS

If you have any questions or problems, call your doctor. If you experience problems outside of office hours or on weekends call the Tufts Medical Center operator at 617-636-5000 and ask for the physician on call for Colon and Rectal Surgery. If you cannot wait, come to the Emergency Room.

CANCELLATIONS

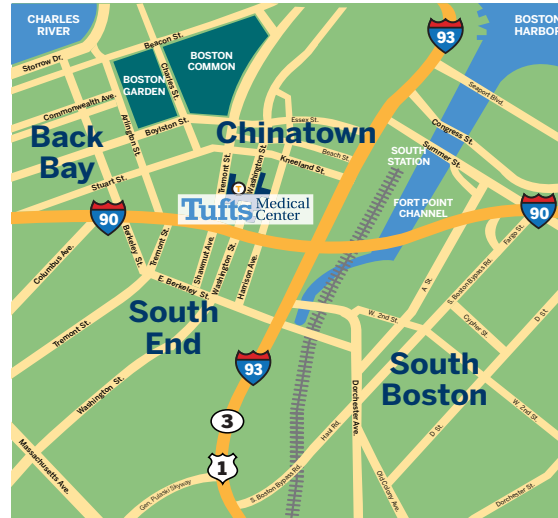
If for any reason you are unable to keep this appointment, please notify us as soon as possible.

To make an appointment or ask a question, call the Division of Colon and Rectal Surgery at **617-636-6190**.

For urgent problems, call the Tufts Medical Center operator at **617-636-5000** and ask for the on-call physician for Colon and Rectal Surgery.

Ambulatory Surgery

Preparation and Treatment



Tufts Medical Center is easily accessible by car from the Massachusetts Turnpike (Route 90), the Central Artery and the Southeast Expressway (Route 93). Tufts Medical Center is located in downtown Boston, in Chinatown and the Theater District and within walking distance of the Boston Common, Downtown Crossing and many hotels and restaurants. For directions, visit www.tuftsmedicalcenter.org/AboutUs/Directions.

Tufts Medical Center

800 Washington Street
Boston, MA 02111
617-636-5000

www.tuftsmedicalcenter.org

200-063

Tufts Medical Center

You are scheduled for ambulatory or same day admission surgery. Since you will not be in the hospital on the day before the procedure, you will need to prepare for the operation at home. Please follow these instructions as closely as possible since poor preparation may mean canceling the procedure or an increased risk of complications.

DIET

- ▶ On the day prior to your procedure a **clear liquid diet** should be followed. This includes tea, coffee, Jello, chicken broth or bouillon, consommé, white grape juice, apple juice, Seven-up, Sprite, ginger ale, Gatorade, popsicles, and water. Drink your three meals and as much liquid between meals as you can. Do not drink citrus juices or red colored fluids. If you are constipated, use this clear liquid diet for two days prior to the procedure.
- ▶ **Do not drink or eat anything within 8 hours of surgery.** If your surgery is early in the morning, **do not drink or eat anything** after 10:00 PM the night before. If your surgery is late in the day, you may drink clear liquids until **8 hours** before you arrive at the hospital. You must be fasting when you come to the hospital. The only exception is those patients who have daily medications. Ask your physician which medications you should take with a sip of water.

MEDICATIONS

If you have regularly prescribed medicines, ask your physician whether or not you should take them before surgery.

- ▶ Unless otherwise specified, you should not take aspirin, dipyridamole (Persantine), ibuprofen (Advil, Motrin, etc.), Plavix, Alleve, or other non-steroidal anti-inflammatory medications (NSAIDs) for 10 days before your surgery. These medications interfere with platelet function and increase the risk of bleeding complications.
- ▶ If you are diabetic, do not take any insulin or oral diabetes medications the day of your surgery. On the day before surgery, take one half of your normal dose.

BOWEL PREPARATION

- ▶ Buy at your pharmacy or supermarket:
 - 4 Dulcolax laxative tablets
 - 1 Fleet (Phosphosoda) enema
- ▶ At 6:00 PM on the evening prior to the surgery, take the four Dulcolax tablets. This laxative will give you diarrhea and clear the bowel of its contents.
- ▶ On the morning of the procedure one-to two hours before leaving home, administer the Fleet enema. Lie on your left side with your left leg straight and your right leg drawn up. After removing the enema from the box, remove the green cap. Insert the lubricated tip of the bottle gently into your anus all the way to the bottom of the slender tip and squeeze out the contents of the bottle. Then, remove the cap from the bottle, refill it with luke warm tap water and administer this in the same way and in addition to the Fleet enema to double the volume of fluid placed in the rectum and distal colon. This improves the effectiveness of the enema. Retain the enema fluid for as long as you can up to 5 minutes, then expel it in the toilet.

ARRIVAL

Clinic

If your appointment is for the 4th floor surgery clinic, please arrive 30 minutes before your scheduled time.

Operating Room

If your procedure is to be performed in the hospital surgical suite (Outpatient Surgery), please arrive at the Outpatient Surgery Reception Area **one hour and 30 minutes** before your appointment (do not plan on arriving later than this, regardless of what others may tell you). Procedures scheduled for 7:30 AM generally start on time. Procedures scheduled after this are given an approximate starting time but this may vary considerably depending on the time required for the preceding procedures and other events such as emergencies. It is just as common for a procedure to be moved up to an earlier time as it is to be delayed. We will try to call and let you know whenever possible so that your plans may be adjusted. For this reason, it is important that you let us know what are your best contact numbers including home and cell phones.

AFTER SURGERY PREPAMBS

If general or regional anesthesia is used, you will be monitored in the recovery room for 1 to 2 hours after your surgery. A responsible adult must accompany you home. This is necessary because of the sedative and anesthetic medications that may be used. You should not drive or operate machinery for the remainder of the day.