

Pre-Procedure Instructions

ONE WEEK BEFORE SURGERY

- You must stop all blood thinners (aspirin, ibuprofen, Plavix, Coumadin, etc.) prior to surgery. Contact your cardiologist or the physician that prescribed them to you to let them know you are having surgery so they can tell you how far in advance to stop taking them. (See 2 days prior for Eliquis instructions)
- Stop taking all vitamins and supplements. *Common supplements include: fish oil, garlic, ginkgo, ginseng, kava, feverfew, valerian, turmeric, resveratrol*
- Stop taking Weight Loss medications (Phentermine, etc.)
- Buy supplies for bowel prep.
 - Miralax 238 gm -1 bottle
 - 64 oz G-series Gatorade (G2 if diabetic)
 - Dulcolax®(bisacodyl) laxative tablets. (Not suppository or stool softener, you'll need 3 tablets for the prep.)
 - Gas-X softgel tablets

4 days prior to your surgery

- No shaving or hair removal at or around the area where you will be having surgery.

2 days prior to your surgery

- Stop taking Eliquis.

ONE DAY BEFORE SURGERY

- Begin drinking a clear liquid diet, starting the moment you wake up.
- At 5 p.m., take 3 tablets of Dulcolax® laxative pills with water by mouth.
- At 8 p.m. begin your bowel prep. Mix *MiraLAX® 238 gm with 64 oz. of G-series Gatorade® (G2 if diabetic)*. Drink and 8oz glass every 10 minutes until the entire bottle has been consumed. You can continue to drink clear liquids until midnight.
- At 9 p.m., or before bed, Take two Gas-X softgel tablets.
- Do not eat or drink anything after midnight.

You will receive a call from the Pre-admission nurses prior to your scheduled surgery to confirm your medical history and schedule preoperative testing which includes a Covid-19 test. If you have not heard from Pre-admission nurse 3 days prior to surgery, please call 843-965-8205.

What is a clear liquid?

A clear liquid diet consists of liquids you can see through. This helps is to let your gastrointestinal (GI) tract rest before surgery. Clear liquids may be colored as long as you can see through them. You cannot eat solid food while on a clear liquid diet.

Note: It is important to stay well-hydrated during your bowel prep, so please drink many of the allowed clear liquids.

ALLOWED	NOT ALLOWED
Water	Milk, cream, milkshakes, smoothies
Clear broth: beef or chicken (no noodles, chicken or vegetables)	Cream soups or any soup other than broth
Gatorade or other clear sport drinks	Oatmeal, cream of wheat, grits
Carbonated drinks, including dark sodas (cola and root beer)	Ice cream, gelato, low fat ice cream
Tea or coffee (without milk or cream)	Chocolate or any candy with filling
Gelatin (without fruit)	Tomato, orange or grapefruit juice, fruit nectars
Popsicles (without fruit or cream)	
Italian ices or hard candy	
Fruit juices without pulp: apple, grape, cranberry	
You may use salt, pepper and sugar	

MORNING OF SURGERY

DO NOT EAT OR DRINK ANYTHING THAT IS NOT ON THIS LIST OR YOUR SURGERY WILL BE CANCELED!

- Take all regular medicines as instructed with a sip of water.
- Take one Gas-X softgel tablet with a sip of water.
- Do not wear makeup or jewelry.
- Wear comfortable, loose clothing, such as a button front shirt or blouse and elastic waistband pants. Wear/bring flat sole, slip-on walking shoes, if possible.
- Brush your teeth and rinse your mouth with water. Do not swallow any liquid.
- Report to the hospital registration at your scheduled arrival time.