



## General Information Before Your Surgery

- Stop taking aspirin 3 days prior to your surgery. If you take Plavix and have had a stroke, TIA, heart surgery, or heart stent, please talk to the prescribing provider to determine whether you can stop taking Plavix prior to surgery. If your provider has authorized you to stop taking Plavix, please stop taking it 7 days prior to your surgery.
- If you take anticoagulants (e.g., Coumadin or Rivaroxaban, Edoxaban, Dabigatran, or Apixaban) because of atrial fibrillation, heart valve surgery, current blood clot or history of blood clots, please talk to your prescribing provider about when to stop taking it and to arrange bridging therapy prior to your surgery if appropriate.
- Stop taking ibuprofen for 3 days prior to your surgery. You may take Tylenol if needed. We also request that you stop taking all herbal supplements and vitamins 7 days prior to your surgery.
- If you are diabetic and take Glucophage (Metformin), you must stop taking it 24 hours before your surgery. Please reduce your carbohydrate intake to accommodate this change.
- Stop taking Phentermine 3 weeks prior to surgery. Please consult with your prescribing provider before abruptly stopping this medication to avoid unpleasant withdrawal side effects.
- Please try to quit or decrease smoking 2 weeks prior to your surgery.
- Please make arrangements for a responsible adult drive you home after your surgery.
- Please anticipate and make plans for any assistance that you might need after your surgery, especially during the first 24 hours you are home.
- You will likely require pain medication after your surgery. Since these medications are constipating, you will need a stool softener while you are taking the pain medication. Stool softener, such as docusate sodium is available over the counter and should be taken up to 3 times a day while taking pain medication.
- If your provider has prescribed a bowel preparation, please follow those instructions carefully.
- Our office staff will take care of any referral and preauthorization approvals that may be needed.
- If you develop cold, flu, or viral symptoms within 4 days of your surgery, please notify our office.

**(541) 868-9700**

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## Information for the Day of Surgery

If you are scheduled for laparoscopic surgery, please do the following: shower the night before your surgery and thoroughly cleanse your belly button area with hydrogen peroxide or an antimicrobial soap.

**Unless you have been instructed otherwise, the following restrictions apply:**

- No food starting at midnight the night before surgery.
- You may have clear liquids up to 4 hours prior to surgery. Clear liquids are limited to water, apple juice, cranberry juice, black coffee (no cream), tea, soda (7-Up, Pepsi, etc.).
- **Jell-O, chicken/beef broth, orange juice, or dairy products are not allowed.**

**\*If you are diabetic, you should not drink any juices or high-calorie sodas on the day of your surgery unless you need to treat low blood sugar.**

- If you have been told you can take specific medications, please take them with about 2 tablespoons of water up to 2 hours prior to your surgery.
- Again, do not take aspirin or Plavix unless instructed by your provider.
- You may brush your teeth and rinse your mouth, but do not swallow any water.
- Bring a list of your current medications with you.
- Bring any eye drops or inhalers you may need.
- Please leave jewelry and valuables at home.
- If applicable, please bring a case for your glasses, contact lenses, dentures, and/or hearing aids.
- Other: \_\_\_\_\_

These general instructions are intended to assist you in preparing for your surgery. Please follow any specific instructions you have been given by your provider or anesthesiologist. If you have any other questions, please call our office during regular business hours.

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