

*Center For Special Minimally Invasive Surgery
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Palo Alto, CA 94304-1804*

Pre-Operative Instructions

Pre Operative Visit

- ☼ Today we will review the surgical plan and sign consent forms, review your surgery day preparation requirements including bowel prep, answer insurance questions and any remaining questions that you may have.

 - ☼ Today you will receive your prescriptions for after the surgery. We strongly recommend that you fill them prior to your surgery as you may not leave the surgery center until late in the day after your surgery. Many patients have found that filling their prescriptions when they pick up the bowel prep saves time.
- You will receive a phone call approximately 1-3 days before your procedure from the Los Altos pre-op team. They will go over preparation and after care with you once again.

****** Please clean your belly button with soap and water during the last shower BEFORE surgery.**

The Day of Surgery

- ☼ Your surgery is scheduled for _____ a.m./p.m.
- ☼ Please arrive at the hospital at _____ a.m./p.m.
- ☼ *Please follow our instructions for arrival time rather than the hospitals.*

Reminders 🗓️:

- ☼ **DO NOT** take Diet Pills, Ibuprofen, Aspirin, or Herbal products for 1 week prior to surgery

- ☼ Leave valuables and jewelry at home – REMOVE ALL JEWELRY
This includes nose and belly button rings

- ☼ **DO NOT** wear make up or nail polish the day of surgery

Clear Liquid Diet:

- ☼ You may have BROTH, JELLO, and JUICE. AVOID RED OR BLUE JUICE AND JELLO. To drink you may have apple juice, white grape juice, Gatorade (not red or blue, though!), 7Up, Sprite, etc. NO DAIRY. You may have hard candies like Life Savers.

- ☼ **NOTHING** by mouth after midnight. You may brush your teeth the morning of surgery but **rinse with water only**. If you have medications that you must take please review this with the nursing/medical staff/physicians.