



**60 Doctors' Park  
Cape Girardeau, MO 63703  
Phone: 573.334.3074  
Fax: 573.335.8725**

## Ano-Rectal Surgery Pre-Op & Post-Operative Instructions

### **BEFORE SURGERY: The Prep**

- Clear liquid supper evening prior to surgery
  - Examples: water, clear soup/broth, fruit juice without pulp, soft drinks, popsicles, jello, tea/coffee without milk
- Use one Fleets enema the morning of surgery

### **Things To Do After Surgery**

- Diet as tolerated
- **Avoid constipation:** increase fluid intake as well as fiber intake
  - Miralax daily if needed for constipation
  - Stool softener (example: Colace)
  - You should be having a bowel movement daily. If you do not have a bowel movement for two days, please call our office at 573-334-3074
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- Sitz baths: 15 minutes three times per day and after bowel movements
  - Fill bath tub or sitz bath tub (available at John's Pharmacy) with just enough lukewarm water to cover the area to soak for the allotted time
  - This helps with hygiene and improves blood flow to the area

## Activity

- Resume activity as tolerated. Walk around often ( at least every 1-2 hours) and also make yourself cough and deeply breathe frequently. A good rule of thumb is to take 10 deep breaths and cough every time a commercial comes on TV. You may go up and down stairs.
- You may drive once you are no longer taking pain medication and feel as though you can react quickly enough to prevent harm to yourself or others. We ask that you **do not** drive while taking any pain medication prescribed postoperatively
- Restrictions: No lifting anything greater than **20 pounds** for 2 weeks after surgery, unless otherwise noted by your surgeon
  
- **Any FMLA paperwork can be brought to the front desk at our office for completion, or for a work release, please call 573-334-3074 and leave a fax number along with the date that you are planning to return to work. *Please note: work releases will make note of your lifting restriction until you are 4 weeks out from surgery***

## Excessive Bleeding

- Some bleeding after rectal surgery is normal, especially after bowel movements.
- If you have bleeding that does not stop, please call our office at 573-334-3074 or go to the Emergency Department



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The hospital or surgery center will call you to schedule pre-surgery testing. If you have not heard from them 24 hours prior to your surgery, please call the number listed.

**ST. FRANCIS MEDICAL CENTER : 573-331-5111.**

Report to the registration Center, which is located near the Emergency Room at ENTRANCE #4

**MERCY - SOUTHEAST :573-334-4822**

Report to Patient registration , just inside the main lobby entrance

**DOCTORS' PARK SURGERY: 573-334-9606**

Report to #30 Doctors Park

**PLEASE TAKE ALL CURRENT MEDICATIONS AND INSURANCE CARDS WITH YOU.**

There are no instructions for pre-surgery testing. The hospital or surgery center will notify you of your arrival time for surgery .

**DIET INSTRUCTIONS.:** Nothing to eat or drink after midnight .

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**IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE AT  
573-334-3074**

**The following medications need to be stopped prior to surgery or  
procedures**

**Stop the following medications 7 days prior to surgery:**

<b>Nsaids</b> :motrin, aleve, ibuprofen, diclofenac, Exerdrin	Meloxicam	Celebrex	Aspirin
BC Powder	Bufferin	Ecotrin	Effient
<b>Plavix</b>	<b>Warfarin / Coumadin</b>	Fish Oil	Florinal, Fioricet
Phentermine, adipex	Glucosamine	Soma CPD	Ginseng
Ginger	Garlic Pills	Trental	Plaquenil
Doan's Pills	Ginkgo	Persantine	Vitamin E

**Stop taking the following 5 days prior to surgery:**

<b>Brilinta</b>			
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**Stop taking the following medications 3 days prior to surgery:**

<b>Eliquis</b>	<b>Xarelto</b>	<b>Pradaxa</b>	<b>Edoxaban</b>
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**Stop taking the following 2 days prior to surgery:**

<b>Arthrotec</b>	<b>Pletal</b>		
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**Stop the following 24 hours prior to surgery :**

<b>Lovenox</b>			
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**Stop the following medications 14 days prior to surgery**

<b>Aggrenox</b>	<b>Feldene</b>	<b>Methotrexate</b>	
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**PLEASE TELL YOUR SURGEON IF YOU HAVE CARDIAC STENTS, PACEMAKER, DEFIBRILLATOR, OR HAVE HAD A HEART VALVE REPLACEMENT**

**PLEASE LET YOUR SURGEON KNOW IF YOU ARE TAKING ANY WEIGHT LOSS PILLS OR INJECTIONS.**