

Pre-Operative Instructions

General Instructions:

Depending on your age and medical history, you might need pre-admission testing. This may include blood work, a urine culture, a pregnancy test, a chest x-ray and/or an EKG. Call [Robert Wood Johnson University Hospital](#) at Somerset to schedule these tests at least one week prior to your procedure.

Discontinue aspirin, aspirin-containing medications, Plavix, Coumadin or blood thinners seven days prior to surgery.

If you take Coumadin, please coordinate with our office and the doctor who prescribes your Coumadin for specific instructions when stopping this medication.

No eating or drinking after midnight.

You may take your morning medication with a sip of water only.

Please do not take any diabetes medications the morning of your surgery unless instructed by your doctor.

Certain patients must see their primary care physician, cardiologist or pulmonologist for pre-operative clearance.

Please bring any recent x-rays on the date of your surgery.

Further instructions for open or laparoscopic surgery

Check with the office to see if you require bowel prep prior to your surgery. If YES, buy a 10 fluid ounce bottle of magnesium citrate from the drug store and start drinking it at 3pm the day prior to surgery. This will cause diarrhea so your large intestine is evacuated. Be sure to drink fluids (water and/or juices) during the daytime to prevent dehydration.

Resources:

[Robert Wood Johnson University Hospital](#)
[Somerset Ambulatory Surgical Center](#)