

OBGYN-CARE

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Preoperative Instructions

2 Weeks within surgery appointment: Avoid taking aspirin or ibuprofen (Motrin) unless we instruct you otherwise. Also try to stop smoking (or decrease as much as you can) to get your lungs clear for faster recovery.

1 Week within surgery appointment: If you need pre-op testing and our data is insufficient, report to the Outpatient Laboratory at Hoag Hospital to have your pre-op lab work drawn. If any other testing is required, we will inform you of that.

1 Day within surgery appointment:

- Do not drink alcohol
- Eat a light dinner before 9 p.m. No solid food after this time. If a bowel preparation has been deemed as necessary, other rule of nutrition apply and you cannot have a solid meal after 2 p.m.
- **Do not eat or drink anything after midnight** or your surgery may be cancelled and rescheduled due to anesthesia risks.
- Bathe the night before or the morning of surgery

The Day of Surgery:

- Unless instructed otherwise by your surgeon, you need to continue to take the necessary medications with a sip of water the morning of surgery: blood pressure, heart, seizure or breathing medications including inhalers. For diabetics, the physician will adjust the doses of insulin prior to surgery.
- Do not wear make-up, nail polish or skin cream
- Do not bring valuables (jewelry, large amounts of money, etc.)
- If you are staying over night, bring robe, slippers, toiletries, etc.
- If you are having outpatient surgery, you must arrange for transportation back home as you may not drive post-anesthesia.
- Arrive in admitting one to two hours before your scheduled surgery.
- Bring your insurance card, a list of your medications, and any lab results or medical records you may have in your possession with you to the hospital.

Special Bowel preparation instructions: The day before surgery at 2 p.m. you may eat a light meal, after which no solid food is permitted until the surgery. You may only drink clear liquids (whatever you can see through, even if containing sugar) **until the midnight** when not even clear fluids are permitted anymore. After 2 p.m. you will start drinking as instructed GoLYTELY to finish 1 gallon of fluid until 8 p.m. As a result you will have multiple bowel movements until eliminating your entire bowel content. If you respect the schedule, the feces evacuation will stop by 10 p.m. such as you can get a good night sleep. In addition to that, there are selected cases when extensive bowel preparation may require antibiotic administration. Such instances are to be discussed individually with your doctor.