



GENERAL AND SURGICAL ONCOLOGY SPECIALISTS OF CENTRAL PA

PATIENT EDUCATION

Pre-Operative Instructions

Prior to all general surgical or gastrointestinal operations, there is always some preparation involved. These preparations are necessary to ensure your comfort and safety.

These pre-operative instructions apply to most procedures that will be performed at either Lancaster Regional Medical Center or Heart of Lancaster Regional Medical Centers. If you have specific questions about your surgery related to pre-operative preparations that are not answered here, please contact our office (717)-735-9187.

- 1) Pre-op interviews are conducted by the hospital where your surgery will be performed. Some are conducted over the phone, while others require a visit with our anesthesia colleagues.
- 2) It is imperative for your safe recovery that Dr. Conter, his associates and the anesthesiologists are aware of your complete health history and current health status. Please be forthcoming with any health issues that may impact your safety, such as; heart and/or lung problems, diabetes, obstructive sleep apnea, drug resistant organisms, a history of infection, and so forth. Notify our office if there is any change in your physical condition, such as a cold, fever or flu symptoms. If there is a chance you are pregnant, please notify our office immediately.
- 3) If you take daily medications, (including any herbal or homeopathic supplements, and any over-the-counter drugs) please bring a detailed list with you and go over all your medications with Dr. Conter, his associates, and the anesthesiologists. They will advise you about what to do the morning of your surgery regarding your daily medication.
- 4) In most cases you should stop taking aspirin or non-steroidal medication (NSAID's) such as Advil, Motrin, or Aleve at least 7 days prior to surgery.
- 5) However, if you are taking prescription blood thinning medications (Coumadin, Warfarin, Plavix, Lovenox) we will advise you when you should stop before your operation. If necessary, substitute medications will be prescribed around the time of your operation.
- 6) Certain medical issues require evaluation prior to surgery. If you have a history of heart disease, lung problems, dental problems, nerve or muscle weakness, or if you have had a particular a problem with anesthesia in the past, you should notify Dr. Conter and his staff on the day of your initial visit with us. We will try to facilitate a consultation with a medical specialist, such as a cardiologist, prior to your pre-admission testing appointment so that any medical issues can be addressed in advance, and your operation proceeds as safely as possible.

- 7) In addition to any necessary medical specialist evaluation, we will request specific pre-operative studies to be performed or labs to be drawn. These pertain directly to your operation. They can be done at the hospital during your scheduled pre-admission testing appointment or at an outside facility near your home. These tests should be done in a timely fashion so that results will be available before the operation. If possible please bring a copy of the results with you or have them faxed to our office at (717)-735-9190.
- 8) If you are having colon surgery, or other major intestinal surgery, you will be instructed to take a bowel prep prior to your surgery. We will provide you with specific instructions.
- 9) DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT UNLESS OTHERWISE DIRECTED BY THE ANESTHESIOLOGIST. FAILURE TO COMPLY WILL CAUSE YOUR SURGERY TO BE SIGNIFICANTLY DELAYED OR CANCELLED.
- 10) You may brush your teeth, taking care not to swallow any water.
- 11) Arrive at the hospital at least 2 hours prior to your scheduled surgery time unless otherwise instructed. Late arrivals may cause your surgery to be delayed or cancelled.
- 12) Be aware that your surgery time may change. Occasionally schedules run ahead of time or may even be delayed. If you plan to be away from home either the day before or the day of your procedure, or if you are from out of town, please call the hospital with an alternate telephone number where you can be reached. They may call and ask you adjust your time of arrival.
- 13) You may bathe or shower the morning of your procedure to reduce the risk of infection. DO NOT SHAVE OVER THE AREA OF THE OPERATIVE SITE.
- 14) Wear loose comfortable clothes that are easy to take off and put on.
- 15) Remove all body piercings if possible.
- 16) Leave all valuables at home including jewelry, watches, money, cell phones, computers, i-pods, etc.
- 17) Bring cases for glasses, contact lenses, hearing aids, and dentures.
- 18) Bring your insurance identification card and your driver's license.
- 19) If you have an Advanced Directive or Living Will, bring a copy with you to the hospital.
- 20) If you are scheduled for outpatient surgery, you must have a responsible adult to drive you home after your operation. It is also a good idea to have a responsible adult stay with you for the first 24 hours after surgery.
- 21) Dr. Conter will mark the site he will conduct the surgery on before your procedure begins to ensure your safety.