

## In Preparation for Surgery

**\*\*\*Please make sure to schedule your Post Op appointment with Dr. Bhoyrul (1-2 weeks after your surgery date). If having bariatric surgery, please schedule to see Dr. Bhoyrul and Aparna on the same day.**

**Please follow these directions with regard to medications, prescription and over-the-counter medications are covered:**

Continue all your usual medications in their usual doses. **Nothing to eat or drink after midnight the night before your surgery (unless if taking medication for blood pressure and/or diabetes. Anything more specific, please ask).** If you normally take any medications for blood pressure or heart problems in the morning, these can be taken with a SMALL sip of water on the morning of surgery.

Please ask your doctor whether to continue any pill medications for your diabetes. If you use insulin, we will frequently suggest that you only take half of your normal morning dose, but please verify this with Dr. Bhoyrul if instructions have not been given to you.

If you take **Coumadin** (a type of blood thinner) and/or **Plavix**, we will frequently suggest that you discontinue this medication 5 days prior to your operation. Only discontinue this following the specific instructions of your doctor.

**Due to the risk of increased bleeding, you should stop any of the following medications at least 10 days prior to surgery:**

Aspirin, includes Baby Aspirin	Naproxin
Buffarin	Vioxx
Excedrin	Celebrex
Advil	Voltaren
Motrin	Ibuprofen
Ticlid	

**Any other medications not listed, please discuss with Dr. Bhoyrul.**

**\*\*It is okay to continue to take Tylenol.**

**The same day of surgery:** You must have a responsible adult available to drive you home following your procedure. Due to anesthesia considerations, you also need to have a responsible adult available at home that evening

**If you are having weight loss surgery:** You must follow the Stage 1 Dietary guidelines outlined in the handout given to you by our Dietitian, Aparna. **Please follow the handout given to you. It is very important to see Aparna for your post op appointment.**

**Physical Limitations:** Nothing to lift more than 10 pounds for 4 weeks following your surgery.

**Bathing:** You can *shower 24 hours* following your surgery date.

You can *bath 48 hours* following your surgery date.

**I have reviewed the following information listed above and all my questions have been answered accordingly. \_\_\_\_\_ Initials**

**Print Signature \_\_\_\_\_ Date \_\_\_\_\_**

**Signature \_\_\_\_\_ Date \_\_\_\_\_**

