**VR Surgical Associates, PA**

**Dr. Vincent A. Caldarola**

**GENERAL SURGERY**

**COLON AND RECTAL SURGERY**

(210) 614-3565

(210) 614-3563 (fax)

**BEFORE ANAL/RECTAL SURGERY INSTRUCTIONS**

YOU NEED TO TAKE TWO FLEET ENEMAS:

* 1ST ONE TO BE DONE TWO HOURS BEFORE
* 2ND ONE TO BE DONE AN HOUR BEFORE

YOU GO TO THE HOSPITAL

IT IS IMPORTANT TO DO THE ENEMAS AT HOME, IF NOT THE HOSPITAL WILL BE ADMINISTERING THEM FOR YOU.

Your surgery is scheduled at:

* Methodist Ambulatory Surgery Center – North Center (19010 Stone Oak Parkway – 575-5200)
* Methodist Ambulatory Surgery Center – Medical Center (4411 Medical Dr, Ste 200 – 575-4584)
* North Central Baptist Hospital (540 Madison Oak Dr – 297-4000)
* St. Luke’s Baptist Hospital (7930 Floyd Curl Dr – 297-5000)
* Baptist Medical Center (111 Dallas St – 297-7000)
* Cumberland Surgical Hospital (5330 N Loop 1604 W – 877-800)

on\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Please **arrive** at the admitting office at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. **Do not** **EAT** or **DRINK** anything after midnight the night before surgery. This includes water, ice chips, hard candy, and gum.
2. You must have someone drive you home from the hospital.
3. If lab work and/or x-rays are needed, we may have your primary doctor order them or you may need to go into the hospital 1 to 2 days before your surgery to get the lab/x-rays test(s) done.
4. Please leave jewelry and valuables at home. Wear loose, comfortable clothing. Limit your luggage. Do not wear any makeup. If you wear contact lenses, be sure to bring a container and your solution, as they must be removed before surgery.
5. Expect a call from the hospital admitting department to review your medical history and insurance. You may have to pay a facility fee, depending on your insurance and/or deductible; or you can also call the facility yourself, at the above number to inquire.
6. All blood thinners, including aspirin, must be stopped **five days** prior to surgery.
7. Day of surgery patient can only take their high blood pressure medication with a tablespoon of water

* Call Dr. Caldarola office **210-614-3565** **at least 48 hrs in advance** to notify us of any cancellations.
* **No call and/or No show patients will be charged a $100 fee for not giving a cancellation notice.**

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**AFTER ANAL/RECTAL SURGERY INSTRUCTIONS**

DO NOT DRIVE FOR 48 HOURS IF YOU RECEIVED GENERAL ANESTHESIA

You may notice blood after your bowel movements – this is normal

1. You may eat a regular diet, but avoid foods that cause loose bowel movements or gas such as corn, spices, excessive raw fruits and vegetables, beans, peas, peanuts, etc.
2. Take tub baths with Epsom salt, using enough warm water to reach your hips (not hot water – do not burn yourself). Do these 3 times a day, no more than 20 minutes each time. You can purchase Epsom salt at the pharmacy without a prescription. Follow the directions on the box or use as tolerated. The baths may be gradually reduced in number or discontinued as comfort improves. If desired, you may use a flexible hand-held shower sprayer to cleanse.
3. You may be up and about as tolerated. **Do not use** a rubber ring for comfort, as this does not help your surgery.
4. In the morning and evening, after each tub bath and after each bowel movement, cleanse the wound gently with gauze soaked in water, dry with gauze and then re-apply gauze or a pad. Be sure to keep it in place at all times and hold it in place with panties or jockey type shorts – **no tape**.
5. Take 1 tablespoonful of Benefiber with an 8oz glass of liquid (water, orange juice, Hawaiian punch, milk, etc.) twice a day. This may be obtained at the pharmacy without a prescription. This should allow for a well formed daily bowel movement. If no bowel movement occurs by the second day after surgery, take a **mild** laxative of choice (example Ducolax).
6. ***If your discharge papers do not have a follow-up appointment, please call the office to set one up appointment.***
7. If any problems arise or if there are any questions, please call us immediately at **(210) 614-3565**.
8. If itching occurs you may use Balneol. You can purchase these items over the counter at any pharmacy.
9. CLEANING THE WOUND:
   1. Dip qtip in hydrogen peroxide
   2. wick wound
   3. Place 4x4 and tape