

Undergoing Surgery

Prior to your procedure you will complete a pre-admission testing (PAT) phone call appointment. This call will come from (920) 206-3820.

My PAT Appointment time is: _____

You will receive a phone call within a **one-hour window** of this scheduled time.

It is important that you are not distracted during this appointment. You will receive instructions on preparation including diet, medication changes, and arrival time.

Please have a list of current allergies, medications, and diagnosed medical conditions prepared prior to your phone call with PAT. During your PAT phone call, please complete the following:

1. Surgery scheduled with Dr. _____
2. Date of surgery: _____
3. Hospital arrival time: _____
4. Time to stop drinking clear liquids: _____
5. Medications to **stop** prior to surgery, with date each should be stopped:

6. Post-operative appointment date/time: _____

Please consult your prescribing provider to verify it is safe to temporarily discontinue any medications you are instructed to stop. Contact the *General Surgery Clinic* at (920) 206-3042 with any questions/concerns.

Due to anesthesia, **you cannot drive after your procedure**. You will need a ride to and from the hospital. Please arrange this ahead of time.

Undergoing Surgery

Before Surgery

Prior to undergoing surgery, you will meet with your surgeon in the General Surgery clinic to discuss your diagnosis and procedure. At this time your surgeon will select the proper method for treatment, discuss the planned surgery, go over pre-surgical instructions, and answer any questions you may have.

What happens the day of surgery?

You will be asked to avoid eating the day of your surgery, so that you can safely undergo anesthesia. This will keep you asleep and free from pain during the procedure. You will arrive at the hospital early to check in for surgery, and be taken back to the ambulatory surgery center. You will change into a hospital gown, receive an IV, meet your nurse for the day, and see your surgeon and anesthesia provider. You will then be taken to the operating room. During the operation you will be kept comfortable with anesthesia as your surgeon completes the procedure.

After Surgery In The Hospital

After surgery you will go to the PACU (post-anesthesia care unit) until awake, then will return to your room. When you wake from surgery, you will find small bandages or glue covering your incisions. The IV will remain in place briefly until you are able to safely drink fluids. You may experience nausea or pain and your nurse will help to keep you comfortable through this. Within a few hours after surgery you will feel more awake and will be able to leave the hospital for further recovery at home if a hospital stay is not planned or necessary.

After Surgery At Home

After surgery, you may notice swelling, bruising, or soreness near your incisions. You may feel bloated, constipated, or more tired than usual. These effects will go away with time. Your doctor may give you medications to take during recovery. You will be given instructions with your discharge paperwork that cover important restrictions to follow:

- **Bathing:** you may shower after 24 hours but avoid immersion in water such as baths, hot tubs, and pools for at least two weeks after surgery

- **Lifting:** for the first few weeks after surgery, you may not lift any objects heavier than 15-20 pounds. This is important to allow healing of the repair as heavy lifting can cause significant damage and risk of hernia recurrence.
- **Sexual Activity:** you may resume sexual activity as soon as it feels comfortable, again remembering to avoid heavy lifting for the first weeks after surgery.
- **Driving:** do not drive for the first 1-2 days after surgery, and at any time of taking narcotic pain medications. Otherwise, you may drive when you feel comfortable being able to slam the breaks if necessary without pain.
- **Work:** you may be able to return to an office job within a few days, and more physical jobs after a few weeks. Your surgeon will provide clearance for you to return to work based on your occupation and progress after surgery.

Follow Up

You will have a post-operative visit scheduled for 7-10 days after your surgery. At this time your doctor will assure there are no complications present, your pain is well managed, and determine when you may return to activities such as work and exercise.

When To Call Your Doctor

After your surgery, call your doctor if you notice any of the following:

- You have a fever (over 101 F or 38.3 C) or chills
- You have an incision that drains liquid for longer than a day
- You have increasing pain or redness at an incision site

Preparing for Surgery

7 Days

Before your procedure

Arrange transportation

Please confirm that a family member or friend is available to drive you to and from your surgery and remain at the hospital for the duration of the procedure.

Review Medications

You may be instructed to discontinue certain medications prior to your procedure. Call the prescribing provider to discuss how to safely do this.

	<p>Medications to stop 7 days prior to surgery:</p> <ul style="list-style-type: none">• Antiplatelet Blood Thinners: Pletal (Cilostazol), Effient (Prasugrel)• Phentermine• Vitamins and supplements
<p>5 Days Before your procedure</p>	<p>Medications to stop 5 days prior to surgery:</p> <ul style="list-style-type: none">• Antiplatelet blood thinners: Plavix (Clopidogrel), Brilinta (Ticagrelor)• Coumadin (Warfarin) <p>Note: If you take Warfarin, please contact your prescribing provider to inquire if “bridging” will be required.</p>
<p>3 Days Before your procedure</p>	<p>Medications to stop 3 days prior to surgery:</p> <ul style="list-style-type: none">• PDE-Inhibitors, unless taken for pulmonary hypertension: Sildenafil (Viagra), Tadalafil (Cialis), Vardenafil (Levitra and Staxyn), Avanafil (Stendra), Cilostazol (Pletal), Dipyridamole (Attia), Milrinone (Primacor), Amrinone, Apremilast (Otezla), Crisaborole (Eucrisa), and Roflumilast (Deliresp)• DOAC Blood Thinners: Eliquis (Apixaban), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Savaysa (Edoxaban)
<p>2 Days Before your procedure</p>	<p>In the evening, follow instructions in the provided scrub kit to clean your body thoroughly. After performing the scrub, remember to avoid other hair and skin care products as they carry bacteria. If you notice an allergic reaction notify the General Surgery Clinic in the morning or present to the emergency room if severe.</p>
<p>1 Day Before your procedure</p>	<p>Please do not consume any <i>solid food</i> after midnight the evening prior to your procedure. Doing so will result in cancellation. After</p>

this time, you may however consume **clear liquids** following the attached diet guide.

GLP-1 Agonist users: Please follow a **clear liquids only** diet for a complete *24 hours prior* to your surgery.

- Includes: Semaglutide (Ozempic, Rybelsus), Tirzepatide (Mounjaro), Dulaglutide (Trulicity), Exenatide (Byetta), Liraglutide (Victoza, Saxenda), Lixisenatide (Adlyxin)

Again, in the evening, complete the second body scrub as instructed in the provided scrub kit.

Medications to stop one day before surgery:

- Insulin: Follow provided protocol (See end of packet)

Procedure Day

Please remember to have a friend or family member drive you to and from the hospital for your procedure. You cannot drive after receiving anesthesia.

You may drink **clear, noncarbonated** liquids up until **two hours** prior to **arrival**. This is four hours prior to your scheduled procedure time.

- Please do not drink soda or carbonation the day of your procedure.
- Please do not consume gum, hard candy, suckers, etc. the day of your procedure.

Medications to stop the day of procedure:

- Insulin: Follow provided protocol (See end of packet)
- Metformin
- Lisinopril (Zestril, Prinivil), Benazepril (Lotensin), Captopril, Enalapril (Vasotec), Losartan (Cozaar), Valsartan (Diovan), Olmesartan (Benicar), Candesartan (Atacand)
- Rosiglitazone (Avandia), Pioglitazone (Actos)

- Glimepiride (Amaryl), Glipizide (Glucotrol), Glyburide (Micronase, Glynase, Diabeta)
- Sitagliptin (Januvia), Saxagliptin (Onglyza), Linagliptin (Tradjenta), Alogliptin (Nesina)

After Your Surgery

You will receive discharge paperwork with instructions on when to resume any medications stopped prior to the procedure.

You may have a mild sore throat after the procedure, which should resolve in approximately 24 hours.

Do not smoke, drink alcohol, or take sleep aids until the day after your surgery. Do not drive or operate heavy machinery until the day after your surgery, and while taking narcotic medications.

You will be notified of any pathology results from your procedure at your post-operative visit.

When to Call Your Doctor

After your surgery, call your doctor if you notice any of the following:

- You have a fever (over 101.4 F) or chills
- You have an incision that drains liquid for longer than a day or increasing incisional redness, swelling, or pain
- You are unable to urinate for greater than one day

Clear Liquid Diet

OK to drink:

- Water
- Tea and black coffee **without** any cream, milk, or lightener (including non-dairy options)

Avoid these drinks:

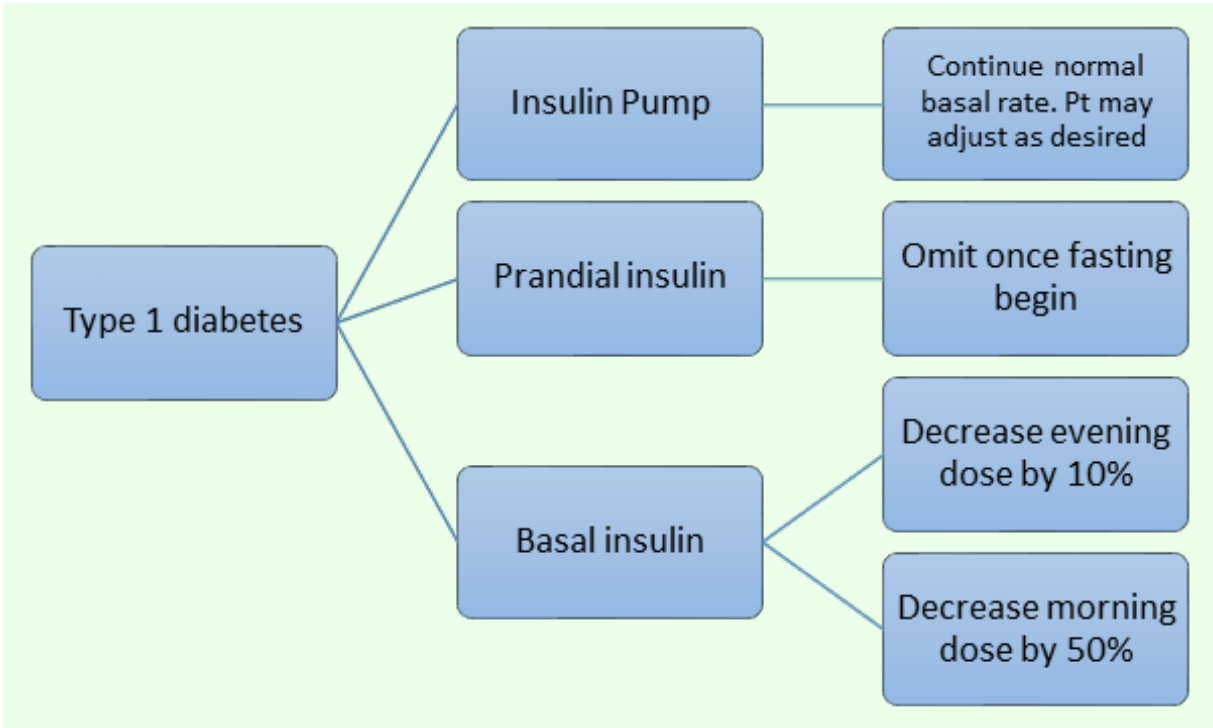
- Alcoholic beverages
- Milk (including non-dairy)
- Smoothies
- Milkshakes
- Cream

- Flavored water without red or purple dye
- Clear, light colored juices such as apple, white grape, lemonade without pulp, and white cranberry
- Clear broth including chicken, beef, or vegetable
- Sports drinks such as gatorade or propel
- Popsicles without fruit or cream
- Jello or other gelatin without fruit
- Powdered drinks such as kool-aid or crystal light

- Orange juice
- Grapefruit juice
- Tomato juice
- Soup other than clear broth
- Cooked cereal
- Gum, hard candy, suckers

Anything with **red or purple coloring** such as juice, popsicles, sports drinks, or gelatins

Pre-operative Insulin Protocol



Pre-operative Insulin Protocol

