

# **Georgia** **Colon & Rectal**

**SURGICAL ASSOCIATES**

Dr. \_\_\_\_\_

## **GENERAL ANO-RECTAL PRE-OP INSTRUCTIONS**

- ◆ NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE SURGERY.
- ◆ TAKE 1 DISPOSABLE FLEET ENEMA 1 HOUR BEFORE LEAVING FOR THE HOSPITAL.

## **GENERAL ANO-RECTAL POST-OP INSTRUCTIONS**

- Activity as tolerated.
- No lifting over 20 pounds for 2 weeks.
- No strenuous exercise, aerobics or jogging for 2 weeks.
- No driving for 48 hours.
- No driving while taking pain medication.
- High fiber diet.
- Starting the evening of surgery, warm tub soaks and continue up to 4 times a day for comfort and cleansing.
- Fiber supplement such as:  Citrucel  Metamucil  Fibercon  
 Konsyl twice a day for at least 3 months.
- Increase fluids to at least 6-8 glasses of caffeine-free liquid a day.
- 2 tablespoons of mineral oil for the first 5 nights; discontinue if stools become loose.
- You may resume routine medications as directed by your physician.

**PAIN MEDICATION CAN ONLY BE REFILLED  
DURING REGULAR BUSINESS HOURS,  
MONDAY TO FRIDAY, 8:00 A.M. TO 4:30 P.M.**

Please call the office if you have further questions.