



Preoperative Instructions

The general surgery staff can schedule your surgery at several different facilities. Please be sure to confirm with the office where your surgery will be performed.

_____ Jackson Madison County General Hospital (620 Skyline Drive, Jackson, TN 38301). **Please call (731) 541-6919 the day after your surgery is scheduled to make an appointment for pre-anesthesia testing.** Please go over all your current prescription and over the counter medications with the pre-anesthesia team. The day before surgery you will receive a phone call regarding your arrival time. On the day of surgery please park in front of the main entrance in the large parking lot and enter through the front door and check in with the admissions desk. Please see the map included in your scheduling information. If you have any further questions, please contact the general surgery office.

_____ West Tennessee Surgery Center (700 West Forest Ave, Jackson, TN 38301 – First Floor). Please call Ms. Peggy Johnson at (731) 541-8868 the day prior to your procedure. On the day of surgery please park in garage 3 and enter through the main entrance on the ground floor. If you have any further questions, please contact the general surgery office.

_____ Jackson Clinic Vein and Vascular Center (213 Sterling Farms Dr, Jackson, TN 38305). You will be contacted by the Vein and Vascular Center, and they will go over the instructions with you over the phone. Please call the Vein and Vascular Center at (731) 422-0481 if you have any questions.

Medication Instructions

1. Diabetic Medications – Hold oral medications the morning of surgery. If you take Metformin - you may begin taking it again 2 days after surgery. If you are on insulin - Please discuss your insulin dosage with the pre-anesthesia team and follow their instructions.
2. Anticoagulant or Antiplatelet agents (Blood thinners) – stop these blood thinners on the designated number of days before surgery. **This may not be required if you are undergoing a vascular procedure.** Please confirm with the general surgery office if these need to be discontinued.
 - a. Aspirin –7 days
 - b. Cilostazol – 4 days
 - c. Coumadin (Warfarin) – 5 days
 - d. Eliquis (Apixaban) – 2-3 days
 - e. Plavix (Clopidogrel) – 5 days
 - f. Pradaxa (Dabigatran) – 5 days
 - g. Savaysa (Edoxaban) – 1 day
 - h. Xarelto (Rivaroxaban) – 3 days
 - i. Zontivity (Vorapaxar) – 28 days



3. Over the Counter Medications – Please stop all over the counter medications, herbs, and NSAIDS 7 days before your procedure (i.e., Vitamin E, multivitamin, herbal blends, BC powder, Goody's, Ibuprofen, Aleve, Motrin, Meloxicam, Celebrex, Diclofenac Sodium, etc.)

Diet Instructions

1. Nothing to eat after midnight prior to your operation (Please see below if you are undergoing a colon operation). You can have clear liquids until you arrive at the hospital. You can have coffee but **without** milk or non-dairy creamer. Please drink a carbohydrate loading beverage (i.e., Gatorade or Powerade) on the way to the hospital.
2. If you are undergoing a colon procedure, please see the bowel preparation instructions as you will start a clear liquid diet the day before surgery.

Other Instructions

1. Shower the night before and the morning of surgery. Wear loose fitting clothing to the hospital to allow room for bandages.
2. Do not use makeup, lotion, creams, powders, deodorant, perfume or hair products after your shower or the morning of surgery.
3. Jewelry, piercings, hearing aids, contacts, glasses, dentures, bridges, or partials cannot be worn into surgery.
4. No alcohol, gum, chewing tobacco, or smoking the morning of surgery.
5. Please bring a driver. You will not be able to drive yourself home after surgery. You must make plans for a responsible person to receive the postoperative information and drive you home.
6. Your postoperative appointment will be made at the time of scheduling your surgery.
7. Please call our office at (731) 422-0308 if you have any questions. We are here to help you!



Enhanced Recovery After Surgery (ERAS) Jackson Clinic General Surgery

The Enhanced Recovery After Surgery (ERAS) protocol was developed to expedite the recovery of patients after major abdominal surgery. The protocol our Jackson Clinic surgeons use is a variant of those used at major academic centers – a hybrid of the most effective aspects from all academic centers where our surgeons trained. With these methods, our goal is to improve surgical outcomes, shorten the amount of time you spend in the hospital, and give you the best evidence-based care available throughout your experience.

Before you arrive at the hospital:

1. Preoperative physical conditioning (Prehab) is encouraged. Walk at least twice daily for 15-30 minutes until the day of your procedure.
2. Stop smoking at least 4 weeks prior to surgery. This improves wound healing.
3. Perform a preoperative bowel preparation with both a laxative and two oral antibiotics.
4. Drink only clear liquids the day before surgery and up until you arrive at the hospital.
5. Drink a carbohydrate loading drink the night before surgery and one on the way to the hospital.

After you arrive at the hospital:

1. Check in at the front desk at least 2 hours prior to your scheduled operative time. This allows the hospital time to check you in and get you ready for surgery.
2. The Anesthesia team will discuss a transversus abdominis plane (TAP) block with you. This will decrease your postoperative pain and is recommended.
3. An IV will be placed and IV antibiotics will be administered within 60 minutes of your operative time.
4. Lovenox, a blood thinner, will be administered the morning of surgery and while you are in the hospital to prevent blood clots during and after surgery.

Following surgery:

1. You will be out of bed and asked to sit in the bedside chair the evening of your surgery.
2. You will start walking with the assistance of a physical therapist on your first day after surgery.
3. We will start you on a clear liquid diet and advance to a low fiber diet once your bowels begin to function.
4. Multiple pain medications will be used to keep your pain controlled but decrease the quantity of opiate medications you take. Opiate medications can increase the time that it takes for your bowels to begin functioning after surgery.
5. Your postoperative dressing will be removed on the second day after surgery and then you may shower. The nurses on the floor should cleanse the wound with chlorhexidine daily thereafter. A bandage is no longer required.



Discharge:

1. Discharge will be dependent on you meeting 3 goals: walking, tolerating a regular diet, and having a bowel movement.
2. At Home Instructions:
 - a. Activity: Perform your activities of daily living as tolerated. Do not overexert yourself and do not lift anything heavier than 10 pounds for 6 weeks after surgery.
 - b. Diet: Adhere to a low fiber diet for 2 weeks after surgery.
 - c. Wound/Incision Care: You may shower daily. Wash the wound with regular soap and water daily. If staples are in place, they should be removed 10-14 days after surgery. If you have Steri strips, they will fall off on their own. If you have surgical glue, it will fall off. Sutures that are under the skin will dissolve.
 - d. Follow up: Follow up in our clinic 2 weeks after surgery to discuss your pathology results. If there are any problems or questions after surgery, please call our office at (731) 422-0304.



Preoperative Bowel Preparation Instructions

1. The day before your surgery, starting at 6:00 am, you will need to start a clear liquid diet. Examples of acceptable beverages are listed below.
 - a. Carbonated and non-carbonated soft drinks
 - b. Clear broth or bouillon
 - c. Coffee **without** milk or non-dairy creamer
 - d. Fruit flavored drinks (not red or purple)
 - e. Gatorade (not red or purple)
 - f. Hydralife (not red or purple)
 - g. Popsicle (not red or purple)
 - h. Jell-O without added fruits or toppings (not red or purple)
 - i. Kool-Aid (not red or purple)
 - j. Lemonade
 - k. Strained fruit juices without pulp (apple, orange, white cranberry, white grape)
 - l. Tea
 - m. Water
 - n. NO ALCOHOLIC BEVERAGES
2. You will need to purchase two bottles of Magnesium citrate 10 oz (296 mL). They can be flavored. Please ask the pharmacist at your pharmacy if you have any questions.
 - a. Drink the first bottle at 12:00 pm
 - b. Drink the second bottle at 5:00 pm
3. Antibiotics
 - a. You will be prescribed antibiotics that are to be started 2 days prior to surgery. These will be called into the pharmacy of your choice after your clinic visit.
 - b. Flagyl (metronidazole) 500 mg – take one pill four times daily.
 - c. Neomycin 500 mg – take one pill 4 times daily.