

Outpatient Surgery Instructions

Your surgery appointment information is listed below. Please read this and all your prep instructions carefully; call our office if you have any questions or concerns regarding your upcoming procedure.

Surgery Appointment Date _____ Check-in Time _____

Post Op Appointment _____ Your post-op appointment will be at our office: 9155 SW Barnes Rd, Ste 231, Portland, OR 97225.

	Procedure Location	Check-in and Parking
	East Portland Surgery Center 9200 SE 91 st Ave, Ste 100, Happy Valley, OR 97086	Park in front of the building and check-in at the main entrance reception desk
	Hillsboro Endoscopy Center 333 SE 7 th Ave, Ste 3300, Hillsboro, OR 97123	Park behind the building and check-in at the registration desk on the first floor.
	Pearl SurgiCenter 120 NW 14 th Ave, Portland, OR 97209	Park in the garage located directly across from Whole Foods on the west side of NW 13 th Street, between Couch and Davis. Proceed down the ramp labeled "Reserved Parking Beyond This Point" and look for spaces marked "PWC." Enter code 7921# to access the elevator and go to the 2nd floor. Check in at the reception desk upon arrival.
	Providence Milwaukie Hospital 10150 SE 32 nd Ave, Milwaukie, OR 97222	Park in front of the hospital and check-in at the Admitting Desk left of the main entrance.
	Providence St Vincent Medical Center 9205 SW Barnes Rd, Portland, OR 97225	Park in the East Garage on the west end. Enter the main hospital entrance, walk past the lab and check-in at Surgery Admitting on the left.

If there are any changes to your medical history, medications, or if you have recently been in the hospital or emergency department, please contact the clinic prior to your procedure.

Please call the clinic if you are having any illness symptoms such as fever, cough, shortness of breath, chest pain, confusion, new loss of taste or smell, congestion, nausea, or vomiting. Your procedure may need to be rescheduled.

You must arrange for a safe ride home after your procedure. You cannot leave unaccompanied via taxi, Uber, or public transportation. Please contact us if you need assistance arranging medical transportation services. You should not drive or work the rest of the day following your procedure.

Thank you,
The physicians and staff at Colorectal Health NW

IMPORTANT:

In order to avoid a \$150 late cancellation fee, please call at least 14 days before your procedure if you need to reschedule or cancel your appointment.

To reschedule or cancel, call 971-254-9884.

Outpatient Surgery Instructions

Medication Alert	
If you take any of these medications, please contact our office immediately.	
Blood Thinners	Heparin, Lovenox, Warfarin (Comadin), Aspirin/Dipyridamole (Aggrenox), Rivaroxaban (Xarelto), Apixaban (Eliquis), Edoxaban (Lixiana, Savaysa), Betrixaban (Bevyxxa), Clopidigrel (Plavix), Prasugrel (Effient), Dabigatran (Pradaxa), Bivalurudin (Angiomax), Argatroban (Argatra, Novatan, Arganova, Exembol), Bilinta (Ticagrelor) and Desirudin (Iprivask, Revasc).
Weight Loss	Phentermine (Adipex, Adipex-P, Atti-Plex P, Fastin, Ionamin, Lomaira, Phentercot, Phentride, Pro-Fast), Phentermine/Topiramate (Qsymia), Liraglutide (Saxenda), Semaglutide (Ozempic, Rybelsus, Wegovy), Tirzepatide (Mounjaro, Zepbound)
Diabetes	Semaglutide (Ozempic, Rybelsus, Wegovy), Tirzepatide (Mounjaro, Zepbound), Exenatide (Byetta, Bydureon), Dulaglutide (Trulicity), Linagliptin (Tradjenta), Liraglutide (Victoza), Canagliflozin (Invokana), Dapagliflozin (Farxiga), Empagliflozin (Jardiance), Ertugliflozin (Steglatro), Empagliflozin/Linagliptin/metformin (Trijardy).
<ul style="list-style-type: none"> • Our schedulers will instruct you how to adjust your medications before, during and after your surgery. <u>Call our office if you have not received these instructions at least 10 days before your scheduled surgery.</u> • You may take other prescribed medications the day of your surgery with the smallest sip of water. • <u>Do not</u> skip your blood pressure medication. <p>Diabetics:</p> <ul style="list-style-type: none"> • Bring your hypoglycemic medication to your surgery. You may take it after your procedure if necessary. • Oral hypoglycemic medications generally do not need adjustments and patients may take their oral medication as directed up until the day of the procedure. <ul style="list-style-type: none"> ○ AM Procedures: You should hold the AM oral medication dose and take it after the procedure is over. ○ PM Procedures: You may take clear liquids in the morning up to 3 hours before the procedure. You may have sugared chewing gum or clear hard candies up to the time of the procedure if your blood sugar is low. • Your blood glucose will be monitored before, during, and after your procedure while at the facility. • Patients taking insulin should only take (half) ½ the usual scheduled dose before the procedure. Call your prescribing physician with any questions regarding your medications. 	

GENERAL HINTS AND REMINDERS

- **You will need to remove any jewelry including facial and body piercings before your procedure.**
- Consider trying flushable baby wipes to help avoid irritation from wiping with toilet paper.
- You may use Vaseline or any water-soluble lubricants for relief from any rectal irritation. **DO NOT** use Desitin ointment.
- If you use reading glasses, please bring them with you as you will be asked to read and sign a consent form and discharge sheet.
- Support persons are welcome in the pre-op and recovery areas. They are welcome to remain in the waiting room during your procedure. We encourage a support person to be present when you are discharged and for at least 24 hours after your procedure.
- You will be sedated for your procedure. Please avoid alcohol and making legal decisions for the remainder of the day after your procedure.
- Because of the sedative you will be given, you should not work or drive after your procedure for the remainder of the day. Plan for someone to drive you or escort you home if you are taking a taxi, Uber, or public transportation.

Outpatient Surgery Instructions – Sutab Prep

Your surgery prep is very important. Read all instructions carefully before beginning.

<p>1 week before</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Read all instructions carefully and call our office if you have any questions. <input type="checkbox"/> Purchase the following: SUTAB (bowel prep) prescription from your pharmacy Clear liquids – see clear liquid guidelines on page 2 <input type="checkbox"/> Arrange for someone to pick you up after your procedure. <input type="checkbox"/> Adjust medications for weight loss, diabetes, or blood thinners - see the Medication Alert for a list of medications. Call our office for instructions if you are taking these medications. <input type="checkbox"/> Stop taking vitamins, fiber supplements, and herbal supplements. <input type="checkbox"/> Stop taking NSAIDs – Ibuprofen, Aleve, Voltaren, Celebrex, Toradol, Mobic, Motrin, Naproxen <input type="checkbox"/> Reduce Aspirin to 81mg a day. <input type="checkbox"/> Plan to remove facial and body piercings before arriving at the facility. Failure to do so could result in your procedure being cancelled. <input type="checkbox"/> You may receive additional instructions from the facility regarding bathing and cleaning the surgery site prior to your procedure. 				
<p>Medication Adjustments</p>	<ul style="list-style-type: none"> • Stop the following medication(s) on (date) _____. ○ _____ • You may resume the medication(s) on (date) _____. 				
<p>1 day before</p>	<p>Start clear liquid diet when you wake up – do not eat breakfast! See below for acceptable clear liquids. Avoid red, purple, or blue liquids.</p> <p style="text-align: center;"><u>Items NOT Okay to Eat or Drink</u></p> <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> • Solid foods • Bone Broth • Dairy/Milk </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> • Alcohol • Anything colored red or purple </td> </tr> </table> <p style="text-align: center;"><u>Items Okay to Eat or Drink</u></p> <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> • Clear vegetable, chicken or beef broth/bouillon • Clear protein drinks such as Premier Protein Clear and Ensure Clear • Flavored gelatin/Jell-O without fruit • Gummy bears or hard candy • Clear sports drinks (Gatorade, Powerade, Propel, etc.) • Clear Juices (apple or white grape) </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> • Coffee or tea – no cream or milk • Water (sparkling, plain, seltzer, flavored) • Coconut water • Soft drinks • Crystal Light • Italian Ice, plain popsicles (no pureed fruit, gelato, or sherbert) </td> </tr> </table>	<ul style="list-style-type: none"> • Solid foods • Bone Broth • Dairy/Milk 	<ul style="list-style-type: none"> • Alcohol • Anything colored red or purple 	<ul style="list-style-type: none"> • Clear vegetable, chicken or beef broth/bouillon • Clear protein drinks such as Premier Protein Clear and Ensure Clear • Flavored gelatin/Jell-O without fruit • Gummy bears or hard candy • Clear sports drinks (Gatorade, Powerade, Propel, etc.) • Clear Juices (apple or white grape) 	<ul style="list-style-type: none"> • Coffee or tea – no cream or milk • Water (sparkling, plain, seltzer, flavored) • Coconut water • Soft drinks • Crystal Light • Italian Ice, plain popsicles (no pureed fruit, gelato, or sherbert)
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Outpatient Surgery Instructions – Sutab Prep

<p>6:00 PM night before surgery</p>	<ul style="list-style-type: none"> • START SUTAB PREP – Do not cut or crush tablets <ol style="list-style-type: none"> 1. Add cool drinking water to the 16oz line on the SUTAB container. 2. Open 1 bottle of SUTAB containing 12 tablets, swallow each tablet with a sip of water. Drink the full 16oz of water and all 12 tablets over 15-20 minutes. 3. ONE hour after the last tablet, fill the 16oz container with water and slowly drink over 30 minutes. 4. Approximately 30 minutes later, drink an additional 16oz of water. <p style="text-align: center;">9:00PM Same Night</p> • Take second dose of SUTAB by repeating steps 1-4 above.
<p>Remainder of the evening</p>	<p>CONTINUE TO DRINK A LOT OF WATER OR CLEAR LIQUIDS UNTIL MIDNIGHT. This is a necessary step to ensure adequate hydration and an effective prep.</p>
<p>Procedure day</p>	<ul style="list-style-type: none"> • STOP ALL FOOD OR DRINK after midnight the day of your surgery (including chewing gum, mints, hard candies, etc) until after your procedure. Having fluids in your stomach, even a lot of saliva, increases your risk for vomiting and possibly aspirating fluid into your lungs while you are sedated. • Your may take some prescribed medications (see medication alert) with the smallest sip of water. Follow instructions given to you by our office or your prescribing provider. • Wear loose, comfortable clothing. <u>Remove all jewelry and piercings</u> and leave valuables at home.

What to Expect After Anorectal Surgery

Blood and Discharge

- You may pass blood with bowel movements which is normal.
- Call if you pass larger than a “half dollar” sized blood clot or enough blood to fill a coffee cup.
- You may have rectal discharge/drainage/itching or pain for up to 8 weeks after surgery.

Diet and Bowel Habits

- Eat your usual diet with plenty of fruits, vegetables, and bran cereal.
- Avoid spicy food. Drink a minimum of 2 quarts of water daily.
- We strongly recommend a fiber supplement; such as, Citrucel or Metamucil taken once or twice daily.
- Preferably you should have a soft, yet formed bowel movement (BM) daily without straining.
- Your doctor may recommend for you to also take a stool softener; such as, Colace or mineral oil.
- If you have not had a BM within 48 hours, you can take Milk of Magnesia, 1-2 tablespoons every 6-8 hours until you have one.
- If you are having liquid BM's, stop the stool softener.

Care of Anus and Surrounding Skin

- Following a BM, you may gently wash with a moist Kleenex, squirt bottle (i.e. used shampoo bottle), or a spray bottle with warm water to clean the area.
- Afterward, use a warm bath/Sitz bath for 5-15 minutes to continue cleaning and soothe the area.
- A warm shower will also work, however sometimes tub baths help more. No special additives, to the water, are needed.
- Try to do 3 Sitz baths a day, especially for the first week or two, then less as you feel better.
- Dry thoroughly by patting or using a blow dryer on a warm setting. Feel free to use cotton or gauze between your buttocks to absorb drainage.
- “Donut” cushions are not recommended. Use a soft pad or pillow to sit on instead.

Pain Medication

- If you need refills that are not included with your original prescription, please call the office during office hours (M-F 9am to 5pm) to request a refill. Refills will not be given on weekends/nights by the on-call physician.
- **Allow 3 business days for a refill.** Due to Federal law, scheduled pain prescriptions cannot be called in, faxed or electronically prescribed. The majority of post-op pain medications our physicians prescribe fall under this rule.
- Plan on having a friend or family member pick up your prescription from our office.

Activity

- This is determined by your comfort level.
- Driving should wait until at least 48 hours after surgery. Do not drive within 4 hours of taking pain medications.
- Sexual activity is permitted if it does not cause discomfort. This could be a few days to a few weeks; each patient and each procedure is different.

Urinary Issues

- It is very common to experience some difficulty emptying your bladder for the first few days. Warm baths, more activity, and less pain medicine are helpful.
- If you cannot empty your bladder at all and it is getting increasingly painful, go to your nearest ER, because you may need to be catheterized.

Follow-up Appointment

- Please plan on attending your scheduled post-op appointment.
- If you are experiencing increasing pain, a fever (>100.6° F), or have questions or concerns, please call the office at 971-254-9884 to be seen sooner.
- If you are experiencing a medical emergency, call 911 or go to the emergency room.