



Paul J. MacKoul, MD

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PRE-OPERATIVE INSTRUCTIONS:

Date: _____

Dear _____,

Your surgery has been scheduled at _____ on
_____/_____/_____ at _____ am/pm.

All patients are required to arrive at the hospital three hours prior to surgery. If you are unable to arrive at this time your surgery will be rescheduled for another day. Also, please note that your surgery time could be subject to change, our office or the hospital will notify you, if this should happen.

Pre-operative testing must be done prior to your surgery.

- We recommend that you have your blood work done at the hospital where you are having the surgery performed. If this is not possible, please notify the Surgical Scheduling Team at 1-888-SURGERY to let the scheduler know where you are having your testing completed
- You will need a complete blood count (CBC), chemistry profile, PT, PTT and beta HCG. Beta HCG will not be performed if you are post-menopausal or have had a hysterectomy). Additional testing may be required depending on your medical history. See below if you require additional tests..
- If checked, you will need the following test(s). Enclosed you will find orders to take with you to your appointment. If you are having your Pre-op done at the hospital, we will fax the orders directly to that hospital.
 - _____ Chest X-Ray
 - _____ EKG
 - _____ Medical clearance from your primary care physician
 - _____ Cardiac clearance from your cardiologist
 - _____ Blood Work
- All pre-operative paperwork, unless done at the hospital, must be faxed to our office at 410-990-4496 at least **3 days** prior to your surgery date. If this can't be done, please contact our surgical staff.

Please call pre-admission testing at the hospital where your surgery will be to discuss the admission process, anesthesia, etc. Also note a person from the hospital will be contacting you to pre-register you for your procedure.

The telephone numbers are **Reston Hospital Center- 703-689-9005**
Inova Fair Oaks Hospital – 703-391-3611
Holy Cross Hospital- 301-754-7880
George Washington Hospital Center – 202- 715-4557

Preparation for surgery

- Do not take any aspirin or over the counter products which contain aspirin 1 week prior to surgery. This includes Plavix and any blood thinners. You may take Tylenol only.
- If you take medication daily, please check with your prescribing physician for instructions on whether to stop or continue to take them the day of surgery. Medication taken the day of surgery can be taken with a **SIP** of water if you are the 1st case of the morning.
- No Smoking the day of surgery.
- Wear comfortable loose clothing.
- If your procedure requires a bowel prep, you may have solid food up until you start the prep. Once started, you may only have clear liquids up until 4 hours before your procedure.
- If you **DO NOT** require a bowel prep, have nothing to eat after midnight but you may have clear liquids up until 4 hours before your procedure.

Regarding Bowel Prep:

_____ Your surgery does not require bowel prep

_____ Your surgery requires a bowel prep to cleanse your bowel. Please see the attached instructions for the bowel prep. Once you start your bowel prep, do not eat any solid foods. You can drink only **CLEAR** liquids during this time (such as cranberry juice, tea, Jell-O, etc). You can expect frequent trips to the bathroom once you begin your bowel prep.

Be assured that every effort is made on the part of the hospital and the Surgical Scheduling Team to ensure your surgery begins at the scheduled time. However, your surgery may be delayed as a result of a hospital emergency. Please bring reading material or other things to help pass the time while you wait.

All patients are required to have an escort home after surgery. Please be advised that due to time constraints the doctor will not be able to meet with family members immediately following the procedure. Family members waiting in the surgical waiting room will be notified by nursing staff when surgery is complete.

7 days notice is required if you need to cancel your surgery.
Failure to do so will result in a \$1,000 fee

If you have any questions about your surgery, scheduling or pre-operative instructions or preparations, please contact the Surgical Scheduling Team at 1-888-SURGERY. Updated 3/22/10