

COLON & RECTAL SURGERY OF NEW ENGLAND

Information about Anorectal Surgery

I have been diagnosed with an anorectal condition and my doctor has recommended surgery. How should I prepare for surgery?

In the days before surgery, patients should eat well and get plenty of rest. Stop taking any medications that you were instructed to stop such as blood thinners, aspirin or Plavix. On the day prior to surgery, you will receive a call from the hospital to confirm the time and the details of the planned procedure. Please be sure the hospital has the correct information. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.**

Is there any bowel preparation?

You should perform a Fleet enema the morning of surgery. This will clean the rectum of stool. A Fleet Enema preparation can be purchased over the counter at any pharmacy. It is a small bottle of fluid that should be emptied into the rectum and held for 30 minutes.

After that time you should have a bowel movement. Do this approximately one hour prior to leaving the house. *If you have been diagnosed with an anal fissure, you should not do any prep.* If your surgeon has recommended another prep, follow those instructions.

What should I expect on the day of surgery?

On the day of your operation, you should take your morning medications unless you have been told otherwise. You should arrive at the hospital at your specified time. You will be taken to the preoperative holding area. Your family members will be escorted to the waiting area where, with your permission, your surgeon will inform them of the details of your operation. If your family members are not going to be in the waiting room, please inform us how they may be reached after surgery.

A member of the anesthesia team, the operating room staff, and your surgeon will speak with you. You will be given the opportunity to have any of your last minute questions answered at this point. You will sign a consent form. Then, you will be taken into the operating room (OR). Once in the OR, you will be placed on the operating table. The anesthesiologist will then put you under general anesthesia. Most operations take about ½ hour or less. When you are awakened, you will be taken to the recovery room. We will allow you to recover from anesthesia and do our best to control any pain you might be having.

Once recovered you be permitted to drink clear liquids and then your diet will be adjusted to a regular diet. Once you meet the hospital criteria for discharge, you will be discharged home. You should have a responsible adult available to drive you home and remain with you for about 24 hours.

What should I do when I get home?

You will be provided with postoperative instructions when you leave the hospital.

Please call the office if you have any questions or concerns.