

Elizabeth J. McConnell, M.D. F.A.C.S.
McConnell Colorectal Center

Out Patient Pre-operative Instructions

- Please purchase the following items at your local drugstore prior to surgery to have at home:
Fleet Enema (green box)
Mineral oil
Light day pads
Sitz bath (optionally you may use a tub)
A bag of frozen peas or individually frozen hot dogs
- The day before surgery, you may have a clear liquid meal for breakfast, lunch and dinner.
- The morning prior to surgery, use the Fleet prep kit. (Instructions are included in the green box).
- You may not eat anything after midnight. You may drink clear liquids (e.g., tea, Sprite, 7 Up, chicken broth) up to four hours prior to surgery. For example: If surgery is scheduled for 12 p.m., you may drink liquids until 8 a.m.
- If you take any prescribed medications, you may take them in the morning with a sip of water.
- **For our diabetic patients, you should not take your oral medication/insulin the morning of surgery.**
- On the day of surgery, please wear comfortable clothing that is easy to get in and out of as well as form-fitting underwear (no thongs or boxers).
- Please make arrangements for someone to transport you to and from surgery (due to anesthesia) and stay with you at home for 24 hours.

If you have any questions or concerns you may call me, Dr. McConnell at 602-743-3546 or my nurse Kim at 602-578-7896.

We hope to make this experience as pain free and as simple as possible. A map to the facility is provided with a phone number.