



NorthStar Surgery
Specialists, P.A.

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Hemorrhoid/Anal Surgery Procedures

Do not take aspirin or any blood thinning medication (e.g. Plavix) for 5 days prior to your procedure, unless otherwise directed. If you are unsure if your medication contain blood thinners, please call your pharmacist.

Quit smoking. Smoking increases surgery risks and slows healing.

On the day prior to the procedure, stay on a clear liquid diet for the entire day. No solid foods on that day. This diet includes any clear, nonalcoholic liquids such as black coffee, tea, water, or clear broth and juices, as well as soft liquid foods such as Jell-O.

To perform the procedure properly, the rectum/anus must be properly prepped and clear of any stool or contamination.

Prep: The night before the procedure use a fleet enema at least 2 hours before bed time. On the morning of surgery, prior to going to the hospital/surgery center, use another fleet enema dose.

After **MIDNIGHT** the day before your procedure:

NOTHING TO EAT OR DRINK. NOTHING BY MOUTH, EXCEPT WHAT IS INSTRUCTED BY THE SURGERY CENTER STAFF.

The **hospital will call you** a few days before your procedure to give you your arrival time and any further instructions.

You must have someone to drive you home. You CANNOT take public transportation.