

TO: SURGERY PATIENTS

Pre-operative Instruction Sheet

1. Two (2) weeks prior to surgery, **stop use of all non-steroidal anti-inflammatory medications** (ie: Motrin, Ibuprofen, Aleve, Anaprox, Naprosyn, aspirin, Celebrex, Bextra, etc.) Any other medications not listed but containing aspirin or non-steroidal anti-inflammatory elements must be discontinued.
2. For pain, you may take Tylenol, acetaminophen, or (if needed) Vicodin.
3. Two (2) weeks prior to surgery, **stop use of the following vitamin/herbal supplements**: Vitamin E, St. John's Wort, Primrose Oil, and Zinc. You may use B12, calcium, and other over-the-counter routine multivitamins.
4. You will have a pre-operative visit with me typically within the week prior to surgery. Please write down any questions you may have and bring them to that office visit.
5. Lab Work, X-ray of the chest and/or EKG may be needed prior to surgery. Additionally, the hospital may want to schedule a pre-operative visit with you prior to your surgery date.
6. If you have been instructed to obtain pre-operative cardiovascular clearance, **it is imperative that you complete this prior to your pre-operative visit with me.**
7. Please bring a list of your medications to your visits. You may also bring your medicines in a bag to the hospital, if clearly labeled ahead of time. Also during the pre-operative visits, please verify any and all allergies you may have.
8. If an overnight stay at the hospital is expected, you should bring the following: toiletries, pads (if applicable), robe, slippers/socks, lip balm, and lotion for dry skin. A family member can usually be accommodated to stay overnight with you, if desired.
9. Please remember that I operate with a certified/licensed surgical assistant or another physician, at my discretion. Please note that there may be additional fees related to this service billed to your insurance from their office (if applicable).
10. For any hospital procedure, expect to receive bills from the hospital for services rendered there such as use of an anesthesiologist, hospital stay and pathology (if applicable), if it is obtained.
11. The insurance estimate of your portion of the surgical costs for Dr.

- Jukes services will be collected in full at the pre-op visit.
12. Bowel preparation is recommended for some surgeries. Preparation begins the day before your scheduled surgery and consists of one day clear liquids (**ie: anything you can see through**) such as water, broth, jello, or Gatorade. In addition, two (2) 10oz bottles of Magnesium Citrate will need to be ingested over the course of a two (2) hour period between four (4) and six (6) pm. After diarrhea subsides, use one (1) Fleet Enema to complete the preparation. Nothing is to be taken by mouth after midnight.
 13. Finally, we want you to know that we consider it a great privilege to participate in your health care. Relax and remember that I will do my best to ensure the best surgical outcome for you!

Sincerely,

Lisa M. Jukes, MD

Name (printed)

Date

Signature