



MORA SURGICAL CLINIC

Your procedure has been scheduled for _____ at _____.
Our office will call you the day before your procedure to give you an arrival time. If you miss the call, please contact us directly @ 361-6126.

PREP INSTRUCTIONS:

On the _____, day before your colon surgery,

Start drinking your Golytely prep at 8 a.m. and finish by noon. **NO SOLID FOODS THE ENTIRE** day before procedure.

You will need to drink 12oz of G2 Gatorade at bedtime the night before surgery.

Nothing by mouth after midnight except an additional 12oz of G2 Gatorade 3 hours before operation along with TWO extra strength Tylenol.

Take **ALL** medicines prescribed by Dr. Mora as directed on your prescription.

ONLY THESE CLEAR LIQUIDS ARE ALLOWED THE DAY BEFORE, NOTHING AFTER MIDNIGHT:: BLACK coffee (no creamer, milk, or dairy products), tea, clear fruit juices, ginger ale, Sprite, 7-Up, clear chicken broth, yellow or green jello or popsicles. NOTHING WITH RED FOOD COLORING. ABSOLUTELY NO SOLID FOODS!!!

The night before surgery, take your shower/bath and bathe the abdomen with Hibiclens. Follow the instructions on the bottle. This can be found over the counter at any drug store.

You will need to **STOP** your Aspirin / Plavix / Coumadin / Pradaxa / Effient / Other: _____ on _____. **If you DO NOT do this, we will have to reschedule your surgery!!!!**

A family member or friend will need to take you to your procedure at the hospital, stay the **ENTIRE** time during the procedure.

I have read the above instructions and understand that if I do not follow the above instructions; my procedure will have to be rescheduled.

Signature: _____ Date: _____