

## PM PRE-OP DRINKS

Procedure: \_\_\_\_\_

Date: \_\_\_\_\_ Please report to the admission desk at: \_\_\_\_\_

**NEW REFERRAL REQUIRED BEFORE PROCEDURE YES / NO (Send to practice not hospital)**

Location: \_\_\_\_\_

Your doctor is \_\_\_\_\_

Your anaesthetist is \_\_\_\_\_

If you have any questions or to discuss out of pocket expenses your anaesthetist may charge please ring \_\_\_\_\_

***If you are having day surgery you will not be able to drive home, please arrange for someone to drive you home after your procedure. It is essential you have a responsible adult present for the next 24 hours***

### DAY PRIOR TO YOUR PROCEDURE

#### **BETWEEN 8.00 PM and 10.00 PM:**

Drink 4 x 200mL tetrapaks of preOp®

*Continue to drink at least a glassful of clear fluid every hour while you are awake.*

### DAY OF YOUR PROCEDURE

#### **STARTING AT 10.00 AM and FINISHING BY 12.00 PM**

Drink 2 x 200mL tetrapaks of preOp® finishing then by **12.00PM**

You may drink **CLEAR FLUIDS** until \_\_\_\_\_ (6 hours before admission time)

You may continue **WATER** (250ml per hour) until \_\_\_\_\_ (4 hours before admission time)

***And then nothing by mouth until instructed by hospital staff this includes lollies, chewing gum and smoking***

# MEDICATIONS

**PLEASE TAKE ALL YOUR REGULAR MEDICATIONS except for the following:**

- **Clopidogrel (Plavix, Iscover, Clopidogrel Plus, Coplavix, Duo Cover)**
- **Dabiatran (Pradaxa)**
- **Rivaroxaban (Xarelto)**
- **Apixaban (Eliquis)**
- **Other anticoagulants need to be addressed specifically with your doctor**

**STOP**

**Aspirin** should be stopped 10 days prior to your procedure, unless otherwise instructed by your doctor.

**All natural remedies** / medications should be stopped 7 days prior to your procedure

**Fish oil**

**Krill oil**

**Glucosamine**

**Iron** should be stopped 5 days prior to your procedure, if colonoscopy is also being performed.

**Warfarin** should be stopped 4 days prior to your procedure unless otherwise instructed by your doctor.

**Non-steroidal anti-inflammatory drugs** should be stopped 2 days prior to your procedure

**Nurofen/Ibuprofen**

**Indocid**

**Celebrex**

**Mobic**

**Voltaran**

**Diuretics** should not be taken on the morning of your procedure

**Fruzemide**

**Spironolactone**

If you have **diabetes** please refer to the **DIABETIC MEDICATION** pages for instructions

**Please take all your other regular medications as per normal**