



MARK SARGENT, MD, MBA, FACOG: OBSTETRICS & GYNECOLOGY

## Surgery Instructions

You have been scheduled a surgery with Dr. Mark Sargent, one of the most experienced and trusted gynecologic surgeons in Melbourne. These instructions are intended to help guide you through the preoperative and immediate postoperative period. If for any reason before the surgery that you feel that your health status has changed, or you might have become pregnant, or if you remember a new fact about your health (for example: blood clots, chest pains, allergies), please notify Dr. Sargent immediately.

### **The month prior to your surgery:**

1. Exercise daily and lose a few pounds if overweight.
2. Take a multivitamin with iron every day.
3. Make plans so that someone can be there throughout the surgery, the postoperative period at the hospital, to drive you home, and most importantly the first few days once you get home.

### **The week prior to your surgery:**

1. Stop smoking now. Do not take any Motrin, Advil, Aleve, aspirin, or narcotic pain medicine for at least one week prior to the surgery. Tylenol (Acetaminophen) is ok.
2. Go to the designated laboratory and get your pre-op labs done 1-2 days prior to the surgery.
3. Go to a pharmacy and pick up one bottle of Magnesium Citrate and 2 Fleets enemas (they are both over the counter and do not need a prescription) for use the day before surgery (see the day prior to surgery instructions).

### **The day prior to your surgery:**

1. Stay home, the following steps will cleanse your bowels for surgical safety.
2. Have only a clear diet all day, i.e. water, Gatorade, broth, Jell-O. Please keep well hydrated all day long.
3. Drink the entire bottle of Magnesium Citrate that morning.
4. Use the 1<sup>st</sup> Fleets enema at Noon –1 PM and repeat with the 2<sup>nd</sup> Fleets enema at 7- 8 PM.
5. **Absolutely nothing** to eat or drink or any medicines after midnight.

### **After your surgery:**

1. Take the Rx Motrin or OTC Advil every 6 hours for at least one week.
2. If prescribed, take the narcotic every 4 hours only if the pain is not controlled by the Advil.
3. No driving for 1 week or as long as you are taking a narcotic.
4. For fevers >100.4 degrees F that persist, heavy bleeding, new or worsening pain, go to the ER.
5. Follow-up with Dr. Sargent as instructed or for problems.