

The Center for Cancer and Blood Disorders

800 W Magnolia Ave

Fort Worth, TX 76104

Surgery Scheduler - Courtney Templeton

P: 817-759-7019

Pre Operative Instructions

Fasting/Diet Instructions:

- **Do NOT** eat or chew anything for **8 hours** prior to arriving at the hospital. You may have clear liquids up to **2 hours** prior to procedure.
- You may brush your teeth the morning of your procedure like normal.
- **DO NOT** consume alcohol **24 hours** prior to surgery. Refrain from smoking **12 hours** prior to surgery.
- Patients having **laparoscopic surgery** will want to avoid gas inducing foods the day before surgery as this may increase post operative gas pains.
- It is important to **increase water AND protein** intake both **before AND after** surgery (up to 2 weeks post op) for optimal recovery.

Medication Guidelines:

- **Continue** essential medications (e.g., for blood pressure, thyroid, etc.) with a small sip of water on the day of surgery.
- **STOP** blood thinners (Aspirin, Ibuprofen, NSAIDS, etc.) **5 days** before surgery.
- **HOLD** Metformin day before surgery.
- **GLP-1 medications** need to be stopped **2 weeks** prior to surgery.

Skin & Hygiene:

- Shower the **night before AND morning of** surgery using antibacterial soap (e.g., Hibiclens, Dial).
- Do **NOT** apply lotions, powders, perfumes, or deodorants the day of your surgery.
- **Remove** contact lenses, jewelry, makeup, nail polish, and piercings prior to surgery.

Bring With You:

- Photo ID and insurance card.
- A list of all medications and allergies (to your pre op appointment).
- Comfortable, **loose-fitting** clothing for discharge.
- Leave all valuables at home.

Transportation:

- Arrange for a responsible adult to drive you home after your surgery.
- Someone should stay with you for **at least 24 hours** after your procedure.

Important Reminders:

- You will be contacted by the hospital approximately **1-2 weeks** prior to your surgery to schedule a pre operative appointment (for labs, imaging, ekg etc.). **If you are unable to attend a pre op appointment** before surgery please let the surgery scheduler know as soon as possible. If you need to change your pre op appointment day or time please contact the hospital.
- You will be contacted by the surgery scheduler **the day before** your surgery to confirm your arrival time. **PLEASE make sure you have listed a reliable phone number on your paperwork in which we are able to leave a detailed voicemail regarding any changes with your surgery.** Your arrival time for surgery is subject to change at **ANY** time.