

Nonnie M. Estella MD, PC  
295 Varnum Avenue  
Lowell, MA 01854  
978-459-8300  
Fax 978-459-8303

## **Pre-operative Instructions**

- 1.** Bring all of your medications or a list of your medications with you to the hospital.
- 2.** Bring all of your insurance cards/information with you to the hospital
- 3.** You may brush your teeth the morning of surgery but do not **SWALLOW** anything.
- 4.** Home medications on the morning of surgery may be taken **ONLY** as directed by your doctor or the anesthesiologist.
- 5.** Do not eat or drink anything after midnight the night prior to surgery.
- 6.** If you experience any medical problems prior to surgery, call (978) 459-8300 and speak with a nurse/doctor. If you have any questions regarding your bowel prep, pre/post op instructions, surgery, admission or testing, etc. please call the office at (978) 459-8300.

## **Bowel Prep for Surgery**

When preparing for abdominal and pelvic surgery you should plan on having lighter, more easily digestible meals in the 2 days prior.

You should plan on no **food, liquids, gum and lozenge** after midnight the night before surgery is scheduled and only small sip of water if instructed to take medication on morning of surgery.

In preparation for surgery you should purchase a bottle of 4oz Miralax.

The evening before the surgery after dinner, you should mix 4 capfuls of Miralax with 32oz water, expecting it to clean the bowels so as to avoid complications during and after pelvic surgery.

Nonnie M. Estella MD, PC  
295 Varnum Avenue  
Lowell, MA 01854  
978-459-8300  
Fax 978-459-8303