



Dr. Arielle Allen      Macara Jacobs, PA-C  
11100 Hefner Pointe Drive, Suite B  
Oklahoma City, OK 73120  
405.400.8188

## Pre-operative Information – Please Read!

Please read all of the following information before your scheduled surgical procedure. This information is for **your safety**. Most urogynecologic procedures are considered elective procedures, therefore we make every attempt to operate under the safest conditions possible. **Failure to abide by these policies may result in cancellation of surgery.**

It is extremely important that if you come down with a cold, fever, rash, or “any new” medical problem close to your surgery date, you should notify Dr. Allen’s office immediately.

**Section One:** The day before your surgery

You must not have anything to eat or drink for a period of time leading up to your surgery. You should have or will receive an informational sheet regarding the hospital’s policy regarding food/beverage intake leading up to surgery. If you have questions regarding this, please call the preoperative nurse at the hospital for clarification. Your stomach must be empty in order to decrease the risk of serious anesthetic-related complications, including the risk of death. If you do not follow the hospital’s policy regarding food/beverage intake on the day of your surgery, your surgery will be cancelled.

Take a shower the night before and/or the morning of surgery, and wash your abdomen, groin and inner thighs with chlorhexidine gluconate soap. Do not apply directly on or into your genitalia. See the attached information sheet for chlorhexidine gluconate soap. Do not shave or remove any hair at or near the surgical site.

**Section Two:** The day of your surgery

Depending upon what medications you normally take, you may or may not need to take them the morning of your surgery. This should be discussed with Dr. Allen or the preoperative nursing staff beforehand. You will need to arrive at the hospital two hours before the scheduled time of your surgery. You will be admitted to the preop waiting area where an IV will be placed. While you are in this preop waiting area, several surgical staff members will speak with you to ask you about your medical history and answer any questions you may have about your surgery.

Visitors can wait in the waiting room on the same floor. Dr. Allen will speak with your visitors when your surgery is over with.

After your surgery, you will be taken to the postop unit where surgical staff will watch you very closely to make sure you are recovering well. Once the anesthesia has started to wear off, you will be either discharged home (if you are having an outpatient surgery), or you will be taken to your hospital room. The postop unit staff will notify your family/visitors where your room will be so they can meet you there.

**Section Three:** Medications to avoid prior to surgery

It is important to avoid certain medications prior to surgery. The following medications can have effects on bleeding, swelling, increase the risk of blood clots, and cause other problems if taken around the time of surgery.

**BLOOD THINNING AGENTS:** The following drugs contain aspirin and/or aspirin like effects that may affect your surgery (abnormal bleeding and bruising). **These drugs should be avoided for at least one week prior to surgery.**

A.P.C.	Doloprin	Nuprin
A.S.A.	Easprin	Orudis
A.S.A. Enseals	Ecotrin	Pabalate-SF
Advil	Emprin with Codeine	Pamelor
Aleve	Endep	Parnate
Alka-Seltzer Plus	Equagesic Tablets	Percodan
Alka-Seltzer	Etrafon	Pepto-Bismol (all types)
Anacin	Excedrin	Persantine
Anaprox	Feldene	Phenteramine
Ansaid	Fiorinal	Phenylbutzone
Argesic	Flagly	Ponstel
Arthritis pain formula	Four Way Cold Tablets	Propoxyphene Compound
Arthritis strength Bufferin	Gemisyn	Robaxial
Arthropan Liquid	Gleprin	Rufen
AS.A.	Goody's	S-A-C
Ascriptin	Ibuprofen (all types)	Saletto
Asperbuf	Indocin	Salocol
Aspergum	Indomethacin	Sine-Aid/Sine-Off/Sinutab
Aspirin (all brands)	Lanorinal	SK-65 Compound
Atromid	Lioresal	St. Joseph's Cold Tab
B.C. Tablets & Powder	Magan	Sulindac
Backache Formula	Magsal	Synalgos
Bayer Children's Cold Tablets	Marnal	Tagamet
Buff-A Comp	Marplan	Talwin Compound
Bufferin	Medomen	Tenuate Dospan
Buffets II	Methocarbamol with Aspirin	Tolectin
Buffinol	Micrainin	Toradol
Buff-Tabs	Midol	Triamincin
Butazolidin	Mobidin	Trigesic
Caffergot	Mobigesic	Trilisate Tablets/Liquid
Cama Arthritis Pain Reliever	Momentum Muscular	Uracel
Carisoprodol	Motrin	Vanquish
Clinoril	Nalfon	Verin
Congestion Chewable	Naprosyn	Voltaren
Cope Tablets	Naproxen	Zorpin
Damason P	Nardil	Zorprin
Darvon	Nicobid	

Disalcid  
Dolobid

Norgesic  
Norgesic Forte

**VITAMINS/HERBAL SUPPLEMENTS:** The vitamins and herbal supplements can cause abnormal bleeding problems and can affect your cardiovascular system. Below is a list of herbal supplements/vitamins that may affect surgical outcome and safety. **These vitamins/herbal supplements should be avoided for at least one week prior to surgery.**

Dong Quai	Ginkgo Biloba	St. John's Wort (all types)
Echinacea	Ginseng	Valerian
Ephedra	Glucosamine	Vitamin C (>2000mg daily)
Feverfew	Goldenseal	Vitamin E (>400mg daily)
Fish Oils (Omega-3 Fatty acids)	Kava	
Garlic	Licorice	

**DIET PILLS:** Patients having surgery must discontinue any diet pills for at least 2 weeks prior to surgery. This includes both Prescription and Over-the-counter Non-Prescription Diet Pills. Please let your surgeon know if you have any questions about this policy, but the unknown risks of these substances (however small it may be) is simply not worth it when having an elective procedure.

**NICOTINE PRODUCTS:** Nicotine reduces the blood flow to the skin and can lead to postoperative complications such as infection, impaired healing and recurrent prolapse or incontinence. **Quitting smoking drastically improves the body's response to surgery.** We will be more than happy to help you quit smoking, and can provide prescription medication or offer non-prescription alternatives to aid in smoking cessation.