

Elizabeth J. McConnell, MD, FACS, FASCRS
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Phoenix, Arizona 85004

Pre-operative Instructions:

Please purchase the following items prior to surgery to have at home (Walgreen's/Osco):

- A. Fleets' Enema (Green box).
- B. Senekot-S or Pericolace, Stool Softener (minimum quantity of 20 tabs).
- C. Mineral Oil.
- D. Light Day Pads.
- E. Sitz Bath (optional may use tub).
- F. Have a bag of peas or Ziploc individual hot dogs frozen and available.

The day before surgery, you may eat a clear liquid diet for breakfast, lunch and dinner.

The morning prior to surgery the FLEETS prep kit. (Instructions are included in the green box).

Nothing to eat after midnight. You may drink clear liquids (tea, Sprite, 7 up, chicken broth) up until four hours prior to surgery. Example: If surgery is scheduled @ 12p.m., you may drink up until 8 a.m.

If you take any prescribed medications, you may take them in the morning with a sip of water.

For our diabetic patients, you should not take your oral medication/insulin the morning of surgery.

Day of surgery, please wear comfortable clothing that is easy to get in and out of as well as form-fitting underwear (no thongs or boxers).

Please make arrangements for someone to transport you to and from surgery (due to anesthesia) and stay at home with you for 24 hours.

**If you have any questions or concerns you may call me,
Dr. McConnell, 602-743-3546 or my nurse Kim 602-578-7896.**

We hope to make this experience as pain free and as simple as possible. A map to the facility is provided with a phone number.

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