



PRE OPERATIVE INSTRUCTIONS FOR ROBOTIC COLECTOMY

You are undergoing bowel resection with anastomosis (reconnection). It is very important that you follow these instructions carefully to ensure the best outcome for your surgery.

Why You Need to Follow These Instructions:

- **Bowel Preparation:** This helps to clean out your intestines before surgery. A clean bowel reduces the risk of infection and makes the surgery safer and more effective.
- **Antibiotics:** These medications are designed to kill bacteria in the bowel and are rarely absorbed into the body. This helps to prevent infection during and after surgery.

Patient's

Name: _____

Hospital/Facility: John Muir Health, Concord Medical Center, 2540 East St, Concord, CA 94520

Date of Arrival: / /

Time of Arrival: ____: ____ AM/PM

Date of Surgery: / /

Time of Surgery: ____: ____ AM/PM

Pre-Admission Appointment:

- Please call Pre-Admission at 925.941.4058 to set an appointment with a Pre-op Registered Nurse. The nurse will review your medical and surgical history as well as your current medications (both prescription and non-prescription) with you. The nurse will provide you with detailed instructions for your surgery. They may also perform any preoperative tests ordered by your surgeon.
- **IMPORTANT:** Please bring a list of your active medications to this appointment.

Dietary Instructions:

- Please continue to have clear liquids until **4 hours** before surgery. After that, DO NOT eat or drink anything (including water). You may take oral medications with sips of water.

Blood-Thinning Medications:

- No need to hold Aleve, Advil, Motrin, Vioxx, Celebrex, Naproxen, Baby Aspirin.
- **HOLD WARFARIN, PLAVIX, ASPIRIN (>81 mg), VITAMINS/SUPPLEMENTS FOR 5 DAYS PRIOR TO SURGERY.**
- **HOLD ELIQUIS, XARELTO, SAVAYSA FOR 3 DAYS PRIOR TO SURGERY.**
- **HOLD PRADAXA FOR 3 DAYS IF GOOD KIDNEY FUNCTION, OTHERWISE HOLD FOR 5 DAYS PRIOR TO SURGERY.**



- If you are on weight loss medication, semaglutide, such as Ozempic, Wegovy, Mounjaro, or Zepbound please hold the medication for 7 days or more prior to surgery.
- Please inform your primary care physician of our recommendation. If recommended to continue with any of these medications, please contact our office immediately or surgery will be canceled. (It is alright to take Tylenol if needed for pain).

Bowel Preparation

- The following instructions are based on a surgery time of 7:30 AM. If your surgery is scheduled for a different time, adjust the hours accordingly.

Two Days Before Surgery:

- Start a low-residue diet. Avoid high-fiber foods such as whole grains, raw vegetables, nuts, seeds, and fruits with skins.

One Day Before Surgery:

- Begin a clear liquid diet as soon as you wake up. This includes water, clear broths, apple juice, white grape juice, clear sodas, plain gelatin, and popsicles (no red or purple).
- Drink one 10 oz bottle of Magnesium Citrate at 6:00 PM. You can buy this product over the counter at any drugstore. Individual response to laxatives varies. It often works within 30 minutes, but may take up to three hours. It is advised that you allow yourself plenty of time to complete this preparation.

● **Antibiotic Bowel Prep:**

- At 12:00 PM (noon), take 1 Reglan (Metoclopramide) 10 mg tablet orally.
- At 1:00PM, take 2 Neomycin (Mycifradin) 500 mg tablets and 1 Flagyl (Metronidazole) 500 mg tablet orally.
- At 3:00PM, take 2 Neomycin (Mycifradin) 500 mg tablets and 1 Flagyl (Metronidazole) 500 mg tablet orally.
- At 9:00PM, take 2 Neomycin (Mycifradin) 500 mg tablets, 1 Flagyl (Metronidazole) 500 mg tablet, AND 1 Gabapentin (Neurontin) 300 mg tablet orally.

Day of Surgery:

- Continue clear liquids until 4 hours before your surgery. After that, do not eat or drink anything, including water.

Case Manager:



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SURGICAL

- The Case Manager will attend to your special needs after discharge from the hospital.

Post-Operative Visit:

- You have a Postoperative visit at our office on / / . If no appointment has been scheduled, please call the office after surgery. If you need to re-schedule, please give 72-hour notice to avoid charges. Please note it can take up to 72 hours to process your prescription refill.

Assisting Surgeon:

- Depending on the type of surgery, your physician may choose to have an assisting surgeon. This will help to facilitate a safe and smooth outcome.

Contact Information:

- Please contact our office at 925.430.5613 with any new or updated information, or if you have any questions after discharge.

If you have any questions or concerns regarding the bowel preparation or any other instructions, please do not hesitate to contact our office at 925.430.5613.

Thank you for your cooperation. Following these instructions will help ensure a successful surgery and a smooth recovery. We are committed to providing you with the best possible care.

Sincerely,

Dr. Ran S. Kim

Colon & Rectal Surgery

U Wellness Surgical

(925) 430-5613

1399 Ygnacio Valley Rd, Suite 11-D, Walnut Creek, CA 94598