Outpatient Anorectal Surgery Instructions

1. **DO NOT TAKE ASPIRIN, MEDICATIONS CONTAINING ASPIRIN, TICLID, VITAMIN E OR ANY OTHER BLOOD THINNERS FOR 10 DAYS PRIOR HAVING YOUR SURGERY.** STOP DATE: __________________

2. Eat an early light supper the evening prior to surgery unless following bowel prep

3. Take a dose of bulk fiber after supper the evening before your surgery.

4. **DO NOT eat or drink ANYTHING after 12 midnight the evening prior to surgery. This is to include WATER, GUM, CANDY, or MINTS. FAILURE TO FOLLOW THIS REQUEST WILL CAUSE YOUR PROCEDURE TO BE CANCELLED BY ANESTHESIA.**

5. If you take blood pressure or heart medications, take them with a sip of water early the morning of surgery (unless instructed otherwise by your surgeon or anesthesiologist).

6. Please call the phone number listed for your preadmission testing appointment. This appointment needs to be schedule within 5 days of your schedule surgery date. This appointment is mandatory for inpatient surgical admissions.

7. One (1) hour before leaving your home, administer and expel 2 regular fleet enemas. Administer one in to your rectum, hold the fluid for approximately 5 minutes, and expel it. Follow the same directions for the second enema.

8. **MAKE SURE YOU HAVE SOMEONE TO DRIVE YOU HOME AFTER SURGERY.** (You will be at the hospital between 4-5 hours)

Winter Park Office: Melissa.Ramos@Flhosp.org
Orlando: Seleny.Rodriguez@Flhosp.org

East Orlando: Lisa.Hierbe@Flhosp.org
Altamonte: Daisy.Cortes@Flhosp.org
You are scheduled for your procedure/surgery on ____________________________ please arrive at the location highlighted below at ______________.

<table>
<thead>
<tr>
<th>Location</th>
<th>Main Line/Pre-Testing Information</th>
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| Florida Surgery Center          | □ Florida Surgery Center  
180 Boston Ave., Altamonte Springs, FL 32701  
Main Line (407) 830-0573  
Report to reception desk front entrance |
| Florida Hosp- Winter Park       | □ Florida Hosp- Winter Park  
200 N. Lakemont Avenue  
Winter Park, FL 32792  
Pre-Testing (407) 646-7555  
Go to Patient Information Desk through the Main entrance and ask them to direct you to either Endoscopy for Colonoscopy or tell them you are scheduled for a surgery. |
| Florida Hosp- Orlando           | □ Florida Hosp- Orlando  
601 East Rollins St., Orlando, FL 32803  
Pre-Testing (407) 303-2466 after scheduling your appt  
report to ste 330 on the 3rd floor of the FH Orlando Med. Plaza  
If you didn't pre-test report to admitting across from patient info through main entrance. After admitted you will be directed to suite 1500 |
| Florida Hosp Orlando-Medical Plaza | □ Florida Hosp Orlando-Medical Plaza  
2501 N Orange Avenue  
Orlando, FL 32803  
Pre-Testing (407) 303-2466-report to ste 330 on the 3rd floor of the FH Orlando Medical Plaza  
D AY OF SURGERY: Report to Ste 370 |
| Florida Hosp- Altamonte         | □ Florida Hosp- Altamonte  
601 E Altamonte Dr., Altamonte Springs, FL 32701  
Pre-Testing (407) 303-2628  
Report to patient registration through main entrance |
| Florida Hosp-Altamonte Medical Plaza | □ Florida Hosp-Altamonte Medical Plaza  
661 E. Altamonte Dr., Altamonte Springs, FL 32701  
Pre-Testing (407) 303-2628  
Report to Ste 110 see receptionist  
(Downstairs from Dr. Albert’s Office) |
| Florida Hosp- East Orlando      | □ Florida Hosp- East Orlando  
7727 Lake Underhill Rd., Orlando, FL 32822  
Pre-Testing (407) 303-8620  
Go to 1st floor-Registration |
| Florida Hosp East-Surgery Center | □ Florida Hosp East-Surgery Center  
258 Chickasaw Tr.  
Orlando, FL 32825  
Pre-Testing (407) 303-8620  
Go to 1st floor-Registration |
| Citrus                          | □ Citrus  
2861 Delaney Ave # B  
Orlando, FL 32806-5409  
Main Line (407) 472-5095  
Go to 1st floor-Registration |
| Health Village                  | □ Health Village  
2415 N. Orange Ave., Ste 201  
Orlando, Fl 32804  
PH# 407-303-2530  
Parking is available in the parking garage off Rollins. The 3rd floor connects to McRae parking garage. |

I understand the instructions given to me and that I am required to give the Center for Colon & Rectal Surgery a minimum of 48 hours notice if I need to cancel or reschedule. If this notice is not given you will be charged a $100 FEE.
I also understand that due to emergencies, Operating Room delays, and other unforeseeable scheduling issues surgery times are not a guarantee but an estimation. It may be necessary to adjust surgery times up to the day of surgery due to these unforeseen circumstances.

______________________________  ____________________________
Patient Signature                                      Date signed