

**Bay Area Colon & Rectal Surgeons**  
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### OUT PATIENT SURGERY INSTRUCTIONS

Patient's Name: \_\_\_\_\_

Hospital/ Facility: \_\_\_\_\_

Date Of Surgery \_\_\_\_\_ Time Of Arrival \_\_\_\_\_ AM/PM

Time Of Surgery \_\_\_\_\_ AM/PM

- You will receive a History and Physical form with the name of the Hospital/ Facility, this form needs to go with you to the Hospital/ Facility for Pre-operative studies. These studies may include Blood Work, EKG, and Chest X Ray. If you have HMO insurance, please contact them regarding participating facilities and guidelines for Pre-Operative studies.
- Pre-Operative studies are to be done at your participating Hospital / Facility at least 48 hours prior to surgery.  
ATTN: Hill Physicians patients  
Hill Physicians medical group is only contracted with Nor-Cal Imaging and Quest Diagnostics for X-Ray and Blood Work. If you go to any other facility without authorization you will be billed for the services rendered. It is ok to use the Hospital where surgery will be performed.
- 8 hours prior to surgery **DO NOT** eat or drink anything (including water). You may take oral medications with sips of water. **IMPORTANT: RESTRICT BLOOD THINNING MEDICATION FOR ONE-WEEK PRIOR TO THE SURGERY.** This includes aspirin and anti-inflammatory medications. If you take these medications for pain please contact your surgeon or PCP for a replacement or directions.
- Please wear comfortable clothing on the day of surgery, and **please arrange for a ride home.** You can expect to be at the Hospital/ Facility for at least 4 hours from your arrival time.
- For ALL ANORECTAL SURGERY'S \_\_\_\_ fleet enemas must be done 2-3 hours prior to reporting to the Hospital/ Facility.
- NOTE: you have a Post-Operative 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 24-hour notice to avoid charges.
- Please contact our office with any new or up-dated information.