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Brian Guffin, MD, FACS, FASCRS
Timothy B. Murray, MD, FACS, FASCRS

ABDOMINAL SURGERY INSTRUCTIONS

Clear liquid diet all day and night on _____. Do NOT eat anything with any food particles in it. Examples of what you can have: tea, coffee (no milk or creamer), chicken broth, beef broth, apple juice, white grape juice, white cranberry juice, Gatorade, soft drinks (Coke, Pepsi, Dr. Pepper, and Mt. Dew), popsicles, or Jell-O.

*****NO ALCOHOL OR MILK PRODUCTS*****

Prep instructions

- At 1:00 PM mix bowel prep and place in refrigerator
 - Miralax (8.3oz bottle or 238gm)
 - Gatorade, other sports drink, or water (64oz). If you are a diabetic mix with Crystal light or other low calorie drink
- At 1:00 PM begin taking antibiotics. Take one of each at 1PM, 3PM, 6PM, and 9PM
- At 4:00 PM start drinking the Miralax solution
 - Drink one glass every 10-15 minutes
 - Drink it quickly, rather than sipping small amounts
 - Finish drinking the liquid by 6 PM
 - DRINK ALL OF THE MIXTURE!!!
- Shower and scrub the abdomen with soap and betadine the night before surgery. (If the hospital gives you soap to use, it is ok to use that instead of betadine).
- Nothing to eat or drink after midnight on _____. (You may have a small sip of water to take medication for your heart, blood pressure, or breathing on morning of your procedure. Bring insulin with you to the hospital. You will also need to bring a full list of medications).
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Day of Surgery: _____ Time: _____

Doctor: **Dr. Brian Guffin** **Dr. Timothy Murray**

Location:	Princeton	St. Vincent's Bham	St. Vincent's East	Birmingham Surgery center
	701 Princeton Ave. SW	810 St. Vincent's Drive	50 Medical Park Dr E.	2621 19th Street South
	Birmingham, Al 35211	Bham, Al 35205	Birmingham, Al 35235	Homewood, al. 35209

NO ASPIRIN, IBUPROFEN, COUMADIN, WARFARIN, PLAVIX, or any other blood thinners for 5 days before procedure.

NO VITAMIN E, MULTIVITAMIN, OR HEARBAL SUPPLEMENTS for 7 days before procedure.

We require a 72 hour notice for all surgery cancellations ifnot you will be charged a fee of \$330 and it must be paid before rescheduling

APPROVED 9/18/2019