

3400 Independence Drive
Homewood, AL 32209
Office: 205-933-1199
Fax: 205-212-5585



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

Cheryl Ext. #4

Instructions:

Anorectal Surgery Prep

- At 4:00 PM the day before your surgery, drink one bottle (8.3 oz.) Miralax- this should be available at your local drug store. Mix with 32 oz. of clear liquid that's not red or purple (drink between 4-6pm)
- Start clear liquid diet at 4:00 PM as well. (nothing with any food particles in it)
- Nothing to eat or drink after midnight
- If you take blood pressure, Heart, or breathing medication, take it with only a sip of water the morning of your procedure
- If you are a diabetic, wait until after the procedure to take your medication. If you are on insulin, please bring your insulin with you to the hospital.
- Use a regular fleet enema the morning of your procedure.

Do NOT take any blood thinners for 5 days prior to your procedure

Examples of this include but are not limited to: Aspirin, Coumadin (Warfarin), Plavix (Clopidogrel), Eliquis (Apixaban), Xarelto (Rivarixaban), Vitamin E, Pradaxa (Dabigatran), Heparin, and Lovenox (Enoxaprin)

Physician:

Dr. Brian Guffin

Dr. Timothy Murray

Location:

St. Vincent's
810 St. Vincent's Drive
Bham, Al 35205

Princeton
701 Princeton Ave. SW
Birmingham, Al 35211

St. Vincent's East
50 Medical Park Dr E.
Birmingham, Al 35235

Birmingham Surgery Center
2621 19th Street South
Homewood, al 35209

Surgery Date: _____ **Arrival Time:** _____

*Please call our office 1-2 days after procedure to schedule post-op appointment.
Also call our office with any questions at 205-933-1199.*