



Pre-Operative Instructions

Thank you for choosing Mahaska Health for your upcoming procedure scheduled on _____ with _____.

Clinic staff will notify your insurance company if pre-certification and/or if pre-notification is required. You may want to contact your insurance company to clarify your financial obligation. Staff can provide you with insurance codes if needed.

If your insurance coverage changes at any time prior to your procedure, please contact Mahaska Health immediately.

You will receive a phone call from Mahaska Health's Surgical Services Department sometime within the calendar week prior to your procedure, to review your detailed medical history, medications, and allergies.

- Gastroscopy only patients, please have no solid food after midnight, you may have clear liquids up to 6 hours prior to arrival.
- Colonoscopy patients please follow instructions inserted in this folder on your diet restrictions and prep instructions.
- If you are having both procedures, please follow colonoscopy instructions.

If you have any questions, you can reach the clinic staff at (641) 672-3360.

If you miss the call from surgery staff, they can be reached at (641) 672-3340.

Your Mahaska Health Surgical Team

Scan QR code to view short video explaining what to expect for your Colonoscopy. Or visit mahaskahealth.org/colo-vid



What to expect

Prior to Your Surgery

A surgical Service team member will contact you to review the following:

- A detailed history of your past/present medical conditions.
- Any medications you take including those prescribed by a doctor, as well as those taken without a prescription, such as Tylenol, Ibuprofen, vitamins, minerals, and herbal remedies.
- If you have been instructed to take medications the morning of surgery do so with only a sip of water.
- Allergies to any medications, foods, or latex.
- You will receive a phone call the day prior to your procedure with your arrival time for the next day.

The Morning of Surgery

- Do not wear any makeup, nail polish, lotion to the hospital. Contact lenses will be removed prior to your surgery so bring you solution and case. You may wear your deodorant.
- Leave all jewelry and valuables at home.
- Bring your insurance cards and picture ID.
- Use Entrance #4, located on the North side of our campus; best accessed via North 12th Street.
- If you develop any illness, a conflict arises, or you need to cancel/postpone your surgery for any reason contact your provider as soon as possible.
- A pregnancy test may be required.
- A spacious visitor's lounge complete with refreshments and vending is available for your family or friends who will be updated regularly during any procedure.
- Make sure you have a DRIVER accompany you the morning of surgery.

An Anesthetist Will Meet with You

- To review your medical history and current medications.
- Sign necessary consents.
- Discuss anesthesia to be given and answer any questions.

In the Operating Room

- Our team of trained professionals will assist you every step of the way during your procedure. The operating room will have monitors to watch your temperature, blood pressure, oxygen levels and heart rhythm.
- The surgical suite may feel cool, and the lights will be bright. Warm blankets are provided for your comfort and staff will do everything they can to help you feel at ease.

Your Recovery

- Prior to waking up, you will return to you room in One Day Surgery or you will be transported to our post anesthesia care unit (PACU). A nurse will monitor your blood pressure, temperature, oxygen levels, heart rate and rhythm; as well as pain level. You will be asked to deep breathe and cough to open and clear your lungs. Depending on your surgery, you may have dressings, and /or drains that will be monitored. You will be taught how to care for these upon your discharge.
- Your family will not be allowed in the PACU, however, your surgeon will visit with them after your procedure.

Orthopedics Only

- Chlorhexidine Wash will be sent to your local pharmacy; use once a day prior to surgery (Total Joints only) Start date: _____
- Mupirocin Ointment will be sent to your local pharmacy; pea size each nostril twice a day (Total Joints only) Start date: _____.

General Surgery: Anesthesia Hold Medications

Anti-Hypertensives – STOP 24 HOURS BEFORE SURGERY

ACE Inhibitors

Accupril (Quinapril)	Lotensin (Benazepril)	Univasc (Moexipril)
Aceon (Perindopril)	Mavik (Trandolapril)	Vasotec (Enalapril)
Altrance (Ramipril)	Monopril (Fosinopril)	Zestril/Prinivil (Lisinopril)
Capoten (Captopril)		

Angiotensin Receptor Blockers (ARBs)

Atacand (Candesartan)	Diovan (Valsartan)	Teveten (Eprosartan)
Avapro (Irbesartan)	Exforge (Valsartan + Amlodipine)	Benicar (Olmesartan)
Cozaar (Losartan)	Miscardis (Telmisartan)	

Diuretics – HOLD MORNING OF SURGERY

Lasix (Furosemide)	Demadex (Torsemide)	Micozide/Aquasize (Hydrochlorothiazide)
Diamox (Acetazolamide)	Inspra (Eplerenone)	Thalitone (Chlorthalidone)
Daranide/Keveyis (Dichlorphenamide)	Diuril (Chlorothiazide)	Zaroxolyn (Metolazone)
Neptazane (Methazolamide)	Aldactone/CaroSpir (Spironolactone)	Aquatensen (Methyclothiazide)
Bumex (Bumetanide)	Midamor (Amiloride)	Lozol (Indapamide)
Edecrin/Sodium Edecrin (Ethacrynic acid)	Osmitol (Mannitol)	Aqua-Ban (Pamabrom)

Diabetes Medications/Weight Loss (Diabetic patients' PCP should advise how to manage their glucose levels in the interim leading up to surgery.)

Glucagon-like Peptide-1 (GLP-1) Agonist

ORAL: HOLD FOR ONE (1) DAY BEFORE SURGERY

IF WEEKLY INJECTABLE: HOLD ONE (1) WEEK BEFORE SURGERY

Trulicity (Deluglutide)	Byetta (Exenatide)	Bydureon (Exenatide ER)
Victoza (Liraglutide)	Adlyxin (Lixisenatide)	Ozempic/Wegovy (Semaglutide inj)
Rybelsus (Semaglutide tabs)	Mounjaro/Zepbound (Tirzepatide)	Tanzeum (Albiglutide)

Sodium-Glucose Cotransporter-2 (SGLT2) Inhibitors – HOLD FOR 3 DAYS BEFORE SURGERY

Jardiance (Empagliflozin)	Steglatro (Ertugliflozin)	Farxiga (Dapagliflozin)
Xigduo XR (Dapagliflozin + Metformin)	Invokana (Canagliflozin)	Invokamet (Canagliflozin + Metformin)
Glyxambi (Empagliflozin + Linagliptin)	Synjardy (Empagliflozin + Metformin)	Trijardy XR (Empagliflozin + Linagliptin + Metformin)
Brenzavvy (Bexagliflozin)		

Diabetic Oral Medications – HOLD MORNING OF SURGERY

Glucophage (Metformin)	DiaBeta/Glycron (Glyburide)	Glucotrol (Glipizide)
Amaryl (Glimepiride)	Tolinase (Tolazamide)	Orinase (Tolbutamide)
Actos (Pioglitazone)	Avandia (Rosiglitazone)	Precose (Acarbose)
Glycet (Miglitol)		

Diabetic Subcutaneous Medications – HOLD MORNING OF SURGERY

Novolin	Humulin	Humalog	Novolog
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CONTINUE Long-Acting Basal Insulin

Levemir (Determir)	Lantus/Toujeo/Basaglar	Tresiba
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Weight Loss – STOP 1 WEEK BEFORE SURGERY

Phentermine	Contrave (Naltrexone-Bupropion)	Qsymia
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**Stimulants/ADHD Medications – (ADULTS) STOP 3 DAYS BEFORE SURGERY;
(PEDS) STOP 2 DAYS BEFORE SURGERY**

Adderall	Dexmethylphenidate	Jornay
Dexedrine	Dextroamphetamine	Metaclate
ProCentra	Amphetamine	Quillivant
Zenzedi	Vyvanse	Mydayis
Focalin	Lisdexamfetamine	Azstarys
Ritalin	Concerta	Serdexmethylphenidate

Methylphenidate	Daytrana	
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Anti-Depressants – STOP 2 WEEKS BEFORE SURGERY

Monoamine Oxidase (MAO) Inhibitors

Marplan (Isocarboxazid)	Nardil (Phenelzine)
Emsam (Selegiline)	Parnate (Tranylcypromine)

Herbal Supplements – STOP 1 WEEK BEFORE SURGERY

Echinacea	Ginkgo	St. John's Wort
Ephedra	Ginseng	Valerian
Garlic	Kava	

Recreational Drugs – STOP AT LEAST 1 WEEK BEFORE SURGERY

If habitual use, then a urine drug screen must be completed.

Cocaine	Methamphetamines	Heroin	Crack
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Anticoagulants – Guidelines for General Surgery for surgical and endoscopy cases.

Request guidelines from specialty surgeons or cardiology, if applicable.

**Direct Oral Anticoagulants (DOACs) – HOLD FOR 2 FULL DAYS PRIOR TO SURGERY
AND MORNING OF SURGERY**

Eliquis (Apixaban)	Pradaxa (Dabigatran)	Xarelto (Rivaroxaban)
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**Coumadin (Warfarin, Jantoven) – HOLD 3 FULL DAYS PRIOR TO SURGERY AND
MORNING OF SURGERY**

Enoxaparin (Lovenox) injections – HOLD 12 HOURS BEFORE SURGERY

Aspirin

- 81 mg – CONTINUE without any hold
- 325 mg or greater – HOLD 5 DAYS BEFORE SURGERY

Plavix (clopidogrel), Brilinta (ticagrelor) – HOLD 5 DAYS BEFORE SURGERY

**(For Gen Surg patients only) Nonsteroidal Anti-Inflammatory Drugs – CONTINUE
without any hold**

(Ibuprofen, Naproxen, Toradol, Advil, Aleve, Motrin, Meloxicam, Voltaren, Celebrex, etc.)

PURCHASE THESE OVER-THE-COUNTER LAXATIVES

1. Gatorade: Two 28-ounce bottles
2. DulcoLAX: Two 5 mg tablets
3. MiraLax (polyethylene glycol): 238 grams

Preparing for your Colonoscopy

- You will receive a call from a Surgical Services nurse prior to your procedure. You will be given an arrival time and a specific time to begin the second half of your prep.
- The day prior to your colonoscopy _____
 - Clear liquids **ONLY**; no solid foods or dairy products.
Examples of clear liquids: water, clear fruit juices (apple or white grape), chicken or beef bouillon, Jell-O, Gatorade, popsicles, soda, coffee without cream, and tea.
 - At 4:30 pm, take 2 DulcoLAX tablets (day prior to procedure) with 8 ounces of clear liquids.
 - At 8:00 pm, put half of a MiraLAX bottle into each of the two 28-ounce Gatorade bottles. Drink the first half (28-ounces) of the MiraLAX/Gatorade mixture at this time.
- The day of your procedure _____
 - Drink the second half (28-ounces) of the Gatorade and MiraLAX mixture at the appropriate time provided by the nurse.

**NOTHING TO EAT OR DRINK AFTER YOU FINISH
YOUR SECOND 28-OZ OF PREP!**