

**Atlanta GYN Center, P.C.**

Rita Sharma, M.D.  
1922 Northlake Parkway  
Tucker, GA 30084

Telephone: (770) 723-1545

Fax: (770) 723-1546

**SURGERY CHECKLIST**

Complete the following instructions prior to your surgery:

1. Starting from the midnight before your surgery, **DO NOT EAT OR DRINK ANYTHING.**
2. Depending on which medications you are taking, your doctors may suggest taking some of your medications on the day of your surgery. Make sure you discuss this at your anesthesia appointment.
3. Do **NOT** take any blood thinners such as **ASPIRIN, MOTRIN, ALEVE, ADVIL, IBUPROPHEN, COUMADIN, CELEBREX, OR PLAVIX** 5 days prior to the procedure. You can take other routine medications up until the night before the procedure.
4. Arrive at your scheduled anesthesia pre-op appointment 15 minutes earlier.
5. Arrive at least 2 hours before your scheduled surgery time.
6. All deductibles are to be paid to the office before your scheduled surgery date.
7. Please note in addition to Dr. Sharma's fee, there will also be a facility charge that the hospital will collect or bill you. For more information, call their patient accounts department at 404-501-5183.
8. All cancellations or rescheduling of surgeries are to be done 72 hours prior to surgery by calling our office.
9. Make a follow up appointment with our office for 2 weeks after your surgery.
10. Make sure all consent forms are signed, dated, and returned before your surgery.
11. For your convenience, fill all your prescriptions prior to your surgery.
12. You could drive yourself to surgery but will need somebody to drive you home.
13. Please do not use or introduce anything in the vagina, including tampons or sexual intercourse for 2 weeks.

## **BOWEL PREP**

**PURCHASE AT ANY PHARMACY** (all over the counter)

Take day before procedure along with your clear liquids

- **DULCOLAX** (laxative) TABLETS
- 238g bottle of Powdered **MIRALAX** (ask pharmacist)
- 64oz bottle of **GATORADE** or **ANY CLEAR LIQUID** (no red or purple)
- 1 bottle of **Magnesium Citrate**

3:00pm- 1. Take **2 Dulcolax tablets**

5:00pm- 2. Mix the **entire 238g bottle of Miralax and Magnesium Citrate with the Gatorade** and shake or mix until the Miralax has dissolved. Drink an **8oz glass every 10-15 minutes** until the solution is finished.

8:00pm- 3. Take **2 more Dulcolax tablets** and continue the clear liquid until midnight.

### **FOOD GROUP**

### **FOODS ALLOWED**

FRUIT JUICE:

Apple, Grape, Cranberry, Cranapple Only white- **no red or purple**

BEVERAGES:

Coffee (No milk or sugar), Tea (Regular or Decaf), Carbonated Beverages, Gatorade, Kool-Aid, Strained Lemonade and Orange Juice- **no**

**red or**

**purple**

SOUPS:

Clear Broth or bouillon

DESSERTS/SWEETS:

Popsicles, Fruit Flavored Ices, Clear Flavored, Gelatin, Clear Hard Candy such as Lollipops or Peppermints- **no red or purple**

SEASONINGS:

Salt or Lemon Juice for Tea

**DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER  
MIDNIGHT**