



COLORECTAL SURGERY

Pre- and Post-Surgery Instructions
ERAS PROGRAM

GBMC Health Partners

Colon & Rectal Surgery
6565 N. Charles Street, Suite 501
Towson, MD 21204
Office: 443-849-3130
Surgery Check-in (GOR): 443-849-6838

Before Your Surgery

Complete within 30 days of surgery:

- Primary Care Provider visit
- Cardiology (only if your surgeon requests it)
- Any other specialist visits ordered for you
- Ostomy marking appointment, if needed: 443-849-4325

Important: All results must be faxed to 443-849-3129 at least 7 days before surgery.

Surgery may be delayed or cancelled if results are not received on time.

Pick Up Your Surgery Bundle

GBMC Specialty & Outpatient Pharmacy
443-849-6809 - Mon-Fri, 8 AM - 5 PM
6701 N. Charles Street
Louis & Phyllis Friedman Bldg.
Suite 3292
Towson, MD 21204

What To Do Now

- Follow the attached medication instructions to prepare safely for surgery
- Arrange a support person and a ride home
- Complete the pre-op labs and tests ordered for you

Surgeon:

- ☐ Dr. Joseph DiRocco
- ☐ Dr. Valerie Cabrera Leon
- ☐ Dr. Joseph Frenkel

Patient Name: _____

Date of Birth: _____

Procedure: _____

Surgery Date & Arrival Time:

Type of Admission: Inpatient

Estimated Stay: _____ days

Post-op Visit: _____

Surgery times may change at any time due to emergencies, cancellations, or equipment needs.

Location: GBMC Hospital - GOR, 4th Floor (Elevator E)

Park in the Lily Garage by the Emergency Department.

You must have a responsible adult driver for discharge.

Your Surgery Bundle

Obtain a minimum of 2 weeks prior to surgery from the GBMC Outpatient Pharmacy:

- Bowel prep antibiotics
- Emend (Aprepitant) for nausea and vomiting (if insurance covered)
- MiraLAX (8.3 oz bottle)
- Dulcolax 5 mg tablets (4 tablets)
- Hibiclens / CHG soap (obtain Theraworx if allergic to CHG)
- Ensure Pre-Surgery drink (if approved for you)

Antibiotics

Take only the antibiotic(s) prescribed for you. Take exactly as prescribed.

Metronidazole (Flagyl)

- ☐ 1:00 PM - take 1 tablet
- ☐ 2:00 PM - take 1 tablet
- ☐ 11:00 PM - take 1 tablet

Neomycin

- ☐ 1:00 PM - take 2 tablets
- ☐ 2:00 PM - take 2 tablets
- ☐ 11:00 PM - take 2 tablets

Erythromycin

- ☐ 1:00 PM - take 1 tablet
- ☐ 11:00 PM - take 1 tablet

- Watch the ERAS education video
- Return your signed consent form (MyChart, fax, email, or mail)
- Walk daily and brush teeth 3-4 times per day
- Stop smoking, vaping, and cannabis 4-6 weeks before surgery
- Follow all bowel prep and shower instructions

Questions or Concerns?

Call GBMC Colon & Rectal Surgery:
443-849-3130

Always follow the instructions given by your surgeon and care team.

Bowel Prep (MiraLAX + Dulcolax)

- Mix 8.3 oz MiraLAX into 32 oz Crystal Light lemonade or Gatorade
- Chill in the refrigerator (see timeline for when to drink)

Approved Clear Liquids

Water; Gatorade or Powerade; clear broth; tea or coffee (no cream or milk); soda; Kool-Aid; juice (no pulp); Jell-O; popsicles or Italian ice; hard candy; Ensure Clear or Boost Breeze.

Avoid Before Surgery - Do NOT Drink

Red, blue, or purple liquids; alcohol; milk, cream, or dairy; juices with pulp; any liquid you cannot see through; soups with noodles, rice, or vegetables. If in doubt, do not drink it.

Please read carefully. Call your surgeon's office if you have any questions about your medicines.

Medications You CAN Take

Tylenol (acetaminophen) is okay for pain.

Keep taking your regular medications unless your care team tells you to stop.

Medications to STOP Before Surgery

Stop the medicines below on the schedule shown. Do not stop any medicine on your own without checking first.

Stop taking	When to stop	Examples & notes
Aspirin	7 days before	Do not stop unless your surgeon says it is safe.
Blood thinners	As directed - do not stop on your own	Warfarin (Coumadin), Apixaban (Eliquis), Rivaroxaban (Xarelto), Dabigatran (Pradaxa), Clopidogrel (Plavix). Ask your surgeon, PCP, or cardiologist whether you need a "bridge" medicine such as Lovenox (enoxaparin).
GLP-1 medicines	24 hours before	Ozempic, Wegovy, Mounjaro, Trulicity, Victoza
SGLT-2 medicines	3-4 days before	Jardiance, Farxiga, Invokana, Steglatro
Fiber supplements	1 week before	Metamucil, Citrucel, FiberCon, Konsyl

Important Reminders

- Do not restart any stopped medicine unless your surgeon tells you to
- Bring a current medication list on the day of surgery
- If you are not sure about a medicine, call your surgeon's office: 443-849-3130

Important Medication Guidance

If you take diabetic medications (including insulin or oral agents) or antihypertensive (blood pressure) medications, please contact your prescribing provider prior to surgery for guidance on how to safely adjust these medications. Do not make changes to these medications on your own unless directed by your provider.

Two Weeks Before

- Pick up your Colorectal Surgery Bundle from the GBMC Specialty & Outpatient Pharmacy (if not already done)
- Ask your cardiologist or primary care provider for instructions if you take blood thinners
- Review the attached deep-breathing exercise instructions

One Week Before

- Stop aspirin and aspirin-containing products (unless told otherwise)
- Confirm when to stop blood thinners with your surgeon, PCP, or cardiologist (timing may vary)
- Stop SGLT-2 medications 3-4 days before surgery
- Stop GLP-1 medications 24 hours before surgery
- Use Tylenol if pain relief is needed (avoid NSAIDs unless directed)
- Begin a low-fiber diet and stop fiber supplements (Metamucil, Citrucel, FiberCon, Konsyl)
- Do not shave the surgical area

The Day Before Surgery

All day: Clear liquids only. Drink plenty of fluids to stay hydrated.

1:00 PM: Take prescribed antibiotics (if ordered).

2:00 PM: Take prescribed antibiotics (if ordered).

3:00 PM: Take 4 Dulcolax tablets.

5:00 PM: Drink the MiraLAX mixture - 8 oz every 10-15 minutes until finished. Stool should become clear, yellow, and watery.

If you vomit: pause 30-60 minutes, then restart.

No bowel movement after 3 hours: drink one 10-oz bottle of Magnesium Citrate.

Still not working by morning: drink more clear liquids and continue.

7:00 PM: Drink Ensure Pre-Surgery (first bottle).

Do NOT drink Ensure Pre-Surgery if you:

have diabetes - have gastroparesis or GERD - have a BMI over 39 - take GLP-1 medications (Ozempic, Wegovy, Mounjaro, etc.) - are pregnant

Evening: Shower with Hibiclens (see shower instructions).

11:00 PM: Take evening antibiotics (if ordered).

Midnight: STOP all food and drinks - no water, gum, mints, or candy.

The Day of Surgery

- Shower with Hibiclens again (if allergic to CHG, use Theraworx instead)
- Do NOT shave
- Take approved morning medications with a sip of water
- Drink Ensure Pre-Surgery on the way to the hospital, at least 2 hours before surgery (second bottle - only if approved)
- No gum, mints, or candy
- Bring your ID, consent form, and a driver

Deep Breathing Exercises (Before and After Surgery)

Deep breathing helps keep your lungs clear and lowers your risk of pneumonia after surgery. Start before surgery and continue afterward.

How to Do Deep Breathing

1. Sit upright or lie on your back
2. Place one hand on your chest and one on your belly
3. Slowly breathe in through your nose until your belly rises
4. Hold your breath for 2-3 seconds
5. Slowly breathe out through your mouth
6. Relax and repeat

How Often

Do 10 deep breaths, 3-4 times a day. Begin before surgery and keep going during your recovery.

Helpful Tips

- Breathe slowly and deeply, not fast
- Cough gently after your breathing exercises if needed to clear your lungs
- Use your incentive spirometer the same way, as instructed by your nurse after surgery. (An incentive spirometer is a handheld breathing device that helps you take slow, deep breaths to keep your lungs clear and prevent pneumonia.)

This exercise is an important part of your Enhanced Recovery After Surgery (ERAS) plan.

Pre-Surgery Skin Cleansing Instructions

Shower the day before AND the morning of surgery. Showering with an antiseptic cleanser helps lower your risk of infection.

What to Use

Use Hibiclens (CHG). If you are allergic to CHG, use Theraworx instead (see the next page).

How to Shower

1. Shower with warm water
2. Wash your hair normally and rinse well
3. Wash your face and private areas with regular soap only
4. Turn the water off
5. Apply Hibiclens (or Theraworx) from neck to feet using a clean cloth - focus on the surgical area
6. Gently wash for 2-5 minutes
7. Rinse well
8. Dry with a clean towel
9. Put on clean clothes

Important

- Do not use Hibiclens or Theraworx on your face, eyes, ears, mouth, or genital area
- Do not shave your body (unless told to do so)
- Do not use lotion, deodorant, powder, or perfume after your shower
- Do not use regular soap after Hibiclens or Theraworx

Repeat the same steps the morning of surgery.

Theraworx is a CHG-free, alcohol-free antimicrobial skin cleanser. It reduces bacteria on the skin and is safe for patients who cannot tolerate chlorhexidine (CHG).

Why Do I Need to Use It?

Cleaning your skin before surgery lowers the number of germs on your body and helps reduce the risk of a surgical site infection, especially for colorectal surgery. Theraworx is used as a substitute for patients with a CHG allergy.

Which Product Should I Buy?

- THERAWORX PROTECT Advanced Hygiene & Barrier System Foam - 7.1 fl oz pump bottle (preferred for pre-surgical bathing)
- Do not substitute with Theraworx relief products, other wipes, sprays, or soaps

Where Can I Get It?

- Amazon: search "Theraworx Protect Advanced Hygiene & Barrier System Foam - 7.1 oz"
- HDIS (home delivery): hdis.com/theraworx-protect-7-1oz-foam
- Ruxton Orthotics & Medical Supplies: 8322 Bellona Ave, Towson, MD 21204 - 410-616-1420 (call ahead to special order)
- Towson Medical Equipment Co. (Parkville): 15 E Chesapeake Ave, Parkville, MD - 410-882-4005 (call ahead)

How Much Does It Cost?

Most patients pay \$10-\$20. Insurance typically does not cover this product.

How to Use Theraworx

The Night Before Surgery

1. Shower normally and dry your skin completely
2. Apply Theraworx foam from the neck down, including the surgical area, and gently rub it in
3. Do NOT rinse it off - let your skin air dry
4. Do not apply lotions, creams, powders, or deodorant afterward

The Morning of Surgery

1. Apply Theraworx again to the same areas
2. Do NOT rinse it off - allow it to air dry before getting dressed
3. Avoid contact with your eyes, mouth, and genital area

Important Reminders

- Make sure your CHG allergy is listed in your medical record
- If you have questions, contact your surgeon's office before your procedure: 443-849-3130

