

**Preop Instructions before vaginal, laparoscopy, robotic or open surgery:**

**Appointments:**

**You will need a total of three appointments: one with Dr Serrato before surgery, one with Dr Serrato after surgery and another preop appointment with the facility where you are having the procedure. It may be that you can do these by phone.**

1. For Dr Serrato, call 650 239 5303 to make these appointments or make an online request. These appointments should be between 3-10 days before the procedure and approximately 2-3 weeks after surgery.
2. For your facility, call the appropriate number below:  
Campus Surgery Center: 650 991 2000  
Mills- Peninsula Hospital: 650 696 5754  
Sequoia Hospital: 650 367-5545

**7 days before surgery**

1. Continue all routine prescription medications through the day before surgery EXCEPT aspirin, coumadin, or any prescription blood thinner which should be discontinued in consultation with your surgeon or primary care doctor. If you need to take something for headaches or pain, Tylenol or Motrin may be used. For questions about your medicines, please ask your doctor.
2. Discontinue all over-the-counter herbal medications and omega 3 fatty acids prior to surgery. Do not eat excessive garlic.
3. Please take your heart, blood pressure, thyroid, diabetes and/or any other prescription medications the day of surgery unless told otherwise by your primary care doctor, the anesthesiologist or your doctor; just do so only with sips of water.
4. Prepare to have someone help with your needs after surgery. You will not be able to drive on narcotic pain medications. **You cannot drive for 24 hours after general anesthesia.**
5. Please arrive at the hospital 1 ½ to 2 hours before the scheduled surgery.

**5 days before surgery**

Schedule your preop appointment or testing with the hospital or surgery center if you have not already done so. This is separate from the preop appointment with your surgeon. Ask your surgeon if you need to see your primary care doctor before surgery as well.

**The day Before Surgery**

1. You may be part of a special protocol for eating and drinking before surgery - if so please follow these "ERAS" instructions. If you are NOT part of this protocol, DO NOT EAT OR DRINK ANYTHING AFTER MIDNITE.
2. **Medications the night before surgery:** Dr Serrato may prescribe misoprostal for you to take before surgery. This helps open the cervix to allow a device for minimally invasive surgery to be more effective. She may also prescribe an antinausea patch that you place behind your ear. Directions will be on the label.

IF you have any questions please call the office at 650 239-5303 or email me from the website