During the days before surgery:
- Practice with the incentive spirometer. This will help you after surgery.

The day prior to surgery:
- Take a shower. Wash all of your skin with the chlorhexidine soap. Then rinse.
- Do not eat or drink anything after midnight.

The day of surgery:
- Take the alvimopan tablet with a sip of water at 5:30 am.
- Take a shower. Wash all of your skin with the chlorhexidine soap. Then rinse.
- Same Day Surgery will tell you if need to take any medications this morning. Take them as directed.
- Come to Same Day Surgery at 6:30 am.
- Surgery!

After Surgery, it is very important to:
- Ask for pain medication! This will help you get out of bed!
- Sit in a chair on the day of surgery. Try to walk this night too.
- Walk three times a day starting the first day after surgery.
- Wear the boots we give you at night. These boots squeeze your legs. They help prevent blood clots.
- You will get an injection in the skin of a blood thinner every day. This helps prevent blood clots.
- Use your incentive spirometer every hour while you are awake. This helps prevent pneumonia (lung infection).
- You will be given alvimopan tablets twice a day until you have a bowel movement. This medication helps your bowels start working again more quickly.
- Wear your abdominal binder when you are out of bed.