

# How to Prepare for Spinal Fusion (Lumbar or Thoracic)

## Day Before Surgery

- If you are having an anterior fusion surgery: Take 1 full tablespoon of Citroma<sup>®</sup> (or any other magnesium citrate oral laxative) with a full glass of water after 5 p.m.
- Make sure you have 4-inch by 4-inch gauze dressings at home to use after surgery.

## Food and Liquid Directions Before Your Procedure

These directions are based on your scheduled arrival time. Not following these directions could mean your procedure will be delayed or canceled.

### Alcohol and tobacco: 24 hours

- Do not drink any alcohol 24 hours before your scheduled arrival time.
- Do not smoke, vape, use chewing tobacco or use any other tobacco products up to 24 hours before your scheduled arrival time.

### Solid foods: 8 hours

- Eat up to 8 hours before your scheduled arrival time.
  - Eat light meals such as oatmeal or toast.
  - Do not eat foods that are heavy or high in fat such as meat or fried foods.

### Clear liquids: 2 hours

- Drink only clear liquids up to 2 hours before your scheduled arrival time.
  - Drink water, fruit juice without pulp, black coffee, clear pop or tea.
  - Do not have milk, yogurt, energy drinks or alcohol.

### Medicines

- Take your medicines as directed with a small sip of water.
  - Talk with your surgeon if you have diabetes or if you take warfarin (Coumadin<sup>®</sup> or Jantoven<sup>®</sup>).

## Day Before Surgery

- If you are having an anterior fusion surgery: Take 1 full tablespoon of Citroma<sup>®</sup> (or any other magnesium citrate oral laxative) with a full glass of water after 5 p.m.
- Make sure you have 4-inch by 4-inch gauze dressings at home to use after surgery.

## Day of Surgery

- Bring a brace or corset if your health care provider recommended it.
- Bring at least 3 or 4 pre-washed cotton T-shirts to wear under your brace.
- Bring athletic shoes or walking shoes.

## Whom To Call With Questions

Call 651-430-3800 if you have any questions.