

How to Prepare for Spinal Fusion (Lumbar or Thoracic)

Day Before Surgery

- At 4 p.m. take 4 tablets of Senna-S docusate sodium 50 mg / sennosides 8.6 mg. You can buy this over-the-counter.
- If you are having an anterior fusion surgery: Take 1 full tablespoon of Citroma[®] (or any other magnesium citrate oral laxative) with a full glass of water after 5 p.m. You can buy this over-the-counter.
- Make sure you have 4-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 (Jantoven[®]).
- Talk with a member of your health care team if you have a history of bladder problems. He or she may prescribe a medicine for you to take the day before 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 your health care provider if you have any questions.