



## DR. SCOTT O'CONNOR

Fellow, American College of Foot & Ankle Surgery  
Diplomate, American Board of Podiatric Surgeons  
Certified in Foot, Reconstructive Rearfoot/Ankle Surgery

Normal – (309) 807-0384

Pontiac – (815) 842-6551

Eureka – (309) 467-2371

### **Surgery Morning Guidelines**

**8 hours** before surgery: STOP ALL FOOD, MILK AND MILK BASED PRODUCTS

**Medications to take per normal routine: WITH A SMALL SIP OF WATER**

- \*Heart Medications – like Lanoxin/digoxin
- \*Blood Pressure Meds but NOT water pills
- \*Seizure Medications
- \*Diabetics – ½ long acting insulin
  - DO NOT TAKE oral hypoglycemic pills
- \*Antacids – Zantac, Pepcid

**IF YOU TAKE ANY OF THE FOLLOWING MEDICATIONS –Let us Know**

- \*MAO Inhibitors
- \*Diet Pills – Phenternamine, meridida, adipex, parnate
- \*Coumadin/Blood thinner
- \*St. John's Wort
- \*Ginko
- \*Kava Kava
- \*Metabolife/lite