

PREPARING FOR SURGERY

- If you are anticipating elective surgery make your wishes concerning blood known to your doctor and speak with him/her about available treatment options that are right for you.
- Arrange for a consultation with the Blood Management Staff to discuss your options and complete an Advance Directive/Health Care Proxy which will state your wishes regarding blood and transfusion alternatives.
- Various tests will be performed prior to your surgery – including a CBC (Complete Blood Count). A CBC will reveal any abnormalities in the blood and will also reveal any presurgical anemia.
- If you are anemic prior to surgery your doctor may recommend treatment to raise your HGB count. Successful anemia treatment is often achieved with a combination of appropriate medications and good nutrition.
- Remember to advise your doctor of all medications you are taking – including herbal preparations. Prior to surgery your doctor may request that you stop taking certain medications that may have an adverse effect on your blood count (red cells and white cells) and clotting ability (platelets).

Anemia – A decrease in the number of red blood cells resulting in a less than normal quantity of Hemoglobin – a protein present in red blood cells that carries oxygen from the respiratory organs to the rest of the body. Medications

- Iron (Oral or Intravenous)
- Erythropoietin (EPO) - A hormone produced primarily in the kidney that stimulates red blood cell production in the bone marrow. A pharmaceutical version of this hormone is available to boost red blood cell production.
- Vitamin C – to assist with the effective absorbing of iron.
- Folic Acid – Stimulates the production of red blood cells
- Vitamin B-12 – Aids in cell production and maturation.

Nutrition – Foods rich in iron can aid in the prevention of iron deficiency anemia. Foods that contain Vitamin B12 and Folic Acid can aid in red blood cell production and maturation.