


























Table 1. MAS preoperative recommendations in Listeo+.

	#	Recommendation	General/selectable	Notification time
Type 1	R1_01	Hello! We are going to help you prepare for your operation.	General	7 days after entering the RSD
	R1_02	You will recover better if you have a balanced diet and quit smoking (if you smoke) ^a .	General	7 days after entering the RSD
	R1_03	On the day of surgery, go to the hospital with your ID so we can perform the surgery.	General	24 hours before surgery
	R1_04 	On the day of surgery, you must go to the hospital accompanied by someone else since you cannot leave afterwards without company. Plan the means of transport by which you will return home because you will not be able to drive at that time, and with whom you will spend the first 24 hours, which is the advisable time during which you must be accompanied.	General	24 hours before surgery
	R1_05	On the day of surgery, do not forget to take the medication you usually take at home to the hospital, and, if you use prosthesis (including contact lenses), a container to store them.	General	24 hours before surgery
	R1_06	Leave personal items that are not strictly necessary at home (jewelry, watches...). Do not wear makeup or nail polish.	General	24 hours before surgery
	R1_07 	Call the hospital if you have a fever, cough, nasal congestion, earache, chest pain, pain urinating, or unexpected bleeding five days before surgery.	General	6 days before surgery
	R1_08	To avoid infections, it is convenient to attend the hospital with clean skin, so you should shower on the day of surgery before coming to the hospital.	General	24 hours before surgery
	R1_09	On the day of surgery, before showering, trim the hair of the breast to be operated on and the closest armpit, to approximately one millimeter. For this, you can use scissors or an electric razor.	Selectable (male breast surgery)	24 hours before surgery
	R1_10	On the day of surgery, before showering, trim leg hair to approximately one millimeter. For this, you can use scissors or an electric razor.	Selectable (varicose sclerosis)	24 hours before surgery


			<i>in males)</i>	
	R1_11	On the day of surgery, before showering, trim abdomen hair to approximately one millimeter. For this, you can use scissors or an electric razor.	Selectable <i>(open supraumbilical eventration in males/umbilical hernias in males)</i>	24 hours before surgery
	R1_12	On the day of surgery, before showering, trim the hair from the anus to the buttocks (included) to approximately one millimeter. For this, you can use scissors or an electric razor.	Selectable <i>(coccygeal cyst)</i>	24 hours before surgery
	R1_13	On the day of surgery, it is important that the underwear you bring to the hospital to use after discharge is elastic and tight.	Selectable <i>(inguinal hernia)</i>	24 hours before surgery
	R1_14	On the day of surgery, it is important that the bra that you take to the hospital to use after discharge is elastic and tight (sports type).	Selectable <i>(breast surgery)</i>	24 hours before surgery
	R1_15	Remember that you can eat. You do not need to fast prior to your surgery.	Selectable <i>(local topical anesthesia)</i>	24 hours before surgery
	R1_16	Remember that it is not advisable to consume dairy products, fried foods, eggs, and fatty foods because they can worsen symptoms.	Selectable <i>(cholecystectomy)</i>	From the time of entering the RSD
	R1_17	For your surgery, it is very important that you do not attend the hospital wearing makeup.	Selectable <i>(ophthalmology)</i>	24 hours before surgery
	R1_18	Do not forget to administer the laxative (250 cc) the night before surgery, as we explained during the consultation.	Selectable <i>(Proctologic surgery)</i>	24 hours before surgery
Type 2	R2_01	Go to the anesthesia consultation with the medical reports and a list of the medications you take and dosing schedule (including natural products). If you have any allergies, be sure to report them as well. Write down your doubts to ask them.	General	24 hours before the anesthesia consultation
Type 3	R3_01 	You cannot eat or drink seven hours before surgery. In any case, you can drink a small glass of water until two hours before surgery. You cannot drink water two hours before surgery. If your surgery is scheduled in the afternoon, you can have a light* breakfast before 9:00 ^p .	Selectable	24 hours before surgery

R3_02 	Three days before surgery, stop taking acenocoumarol (Sintrom®) and replace it with heparin if the hematologist or anesthesiologist have directed you.	Selectable	4 days before surgery
R3_03 	Four days before surgery, stop taking warfarin (Aldocumar®) and replace it with heparin if the hematologist or anesthesiologist have directed you.	Selectable	5 days before surgery
R3_04 	Two days before surgery, stop taking cilostazol (Pletal® or Ekistol®) and replace it with 100 mg of acetylsalicylic acid (Aspirin® 100 mg), as the anesthesiologist has directed you.	Selectable	3 days before surgery
R3_05 	Seven days before surgery stop taking prasugrel (Efient®, and replace it with 100 mg of acetylsalicylic acid (Aspirin® 100 mg), as the anesthesiologist has directed you.	Selectable	8 days before surgery
R3_06 	Five days before surgery, stop taking ticagrelor (Brilique® or Possia®) and replace it with 100 mg of acetylsalicylic acid (Aspirin® 100 mg), as the anesthesiologist has directed you.	Selectable	6 days before surgery
R3_07 	Two days before surgery, stop taking apixaban (Eliquis®), as the anesthesiologist has directed you.	Selectable	3 days before surgery
R3_08 	Fourteen days before surgery, stop taking etanercept, as the anesthesiologist has directed you.	Selectable	15 days before surgery
R3_09 	Seven days before surgery, stop taking leflunomide, as the anesthesiologist has directed you.	Selectable	8 days before surgery
R3_10 	Six weeks before surgery, stop taking infliximab, golimumab, or certolizumab, as the anesthesiologist has directed you.	Selectable	7 days before surgery
R3_11 	Three weeks before surgery, stop taking adalimumab, as the anesthesiologist has directed you.	Selectable	22 days before surgery
R3_12 	Four weeks before surgery, you should stop oral contraceptives and use alternative contraceptive methods for up to a week after the operation.	Selectable	29 days before surgery
R3_13	Ten days before surgery, stop taking meloxicam or piroxicam and replace them with	Selectable	11 days before surgery

	another analgesic, as the anesthetist has directed you.		
R3_14 	Two days before surgery, stop taking ibuprofen, naproxen, ketoprofen, or indomethacin and replace it with another analgesic, as the anesthetist has directed you.	Selectable	3 days before surgery
R3_15 	Seven days before surgery, stop taking the medication of medicinal plants containing garlic, Gingko biloba, Ginseng, St. John's wort, Hypericum, or Ephedra, as the anesthetist has directed you.	Selectable	8 days before surgery
R3_16 	The night before surgery, stop taking oral medications for high blood sugar (oral antidiabetics), as the anesthetist has directed you.	Selectable	24 before surgery
R3_17 	The night before surgery, reduce the slow insulin dose by half and do not administer any on the day of surgery, as the anesthetist has directed you.	Selectable	24 before surgery
R3_18 	On the day of surgery, do not forget to take your usual medication, except for those that we have told you to stop.	Selectable	24 before surgery
R3_19 	Two days before surgery, stop taking dabigatran (Pradaxa®), as the anesthetist has directed you.	Selectable	3 days before surgery
R3_20 	Two days before surgery, stop taking rivaroxaban (Xarelto®), as the anesthetist has directed you.	Selectable	3 days before surgery
R3_21 	Seven days before surgery, stop taking 300 mg of acetylsalicylic acid (Aspirin® 300 mg) and replace it with 100 mg of acetylsalicylic acid (Aspirin® 100 mg), as the anesthetist has directed you.	Selectable	8 days before surgery
R3_22 	Seven days before surgery, stop taking ticlopidine (Ticlodone® or Tiklid®) and replace it with 100 mg of acetylsalicylic acid (Aspirin® 100 mg), as the anesthetist has directed you.	Selectable	8 days before surgery
R3_23 	Seven days before surgery, stop taking clopidogrel (Plavix®) and replace it with 100 mg of acetylsalicylic acid (Aspirin® 100 mg), as the anesthetist has directed you.	Selectable	8 days before surgery
R3_24 	The anesthetist has established specific recommendations for your case. Check the anesthesia consultation report and make sure you follow the recommendations.	Selectable	8 days before surgery

^aThis recommendation is accompanied by additional information on how to quit smoking ("Know more").

^bThis recommendation is accompanied by additional information on what constitutes a light breakfast ("Know more").

: Recommendations that may pose a risk to the patient or in which patient non-compliance may lead to the suspension, cancellation, or rescheduling of surgery.

RSD: Registry of Surgical Demand;

Type 1: Surgical recommendations; Type 2: Anesthesia recommendations; Type 3: Dietary and pharmacological recommendations