

Robotic Prostatectomy

Pre-Operative Instructions (BEFORE YOUR SURGERY)

MEDICATION:

Medications You MAY Take Day of Surgery	Medications You May NOT Take Day of Surgery
Take half of your insulin dose Heart Pills Blood Pressure Pills Seizure Pills	Water Pills Diabetic Pills Aspirin (stop 10 days prior to surgery) Coumadin (generally stop 7 days prior to surgery be cleared by the prescribing physician)

- **Bring all medications in their labeled containers with you the day of surgery.**
- DO NOT take aspirin or aspirin products within 10 days prior to your surgery date to reduce the risk of excess bleeding.
- Do not take motrin or other non-steroidal anti-inflammatory drugs for 30 days prior to surgery. Do not take coumadin or warfarin for 7 days prior to your surgery. **As noted above, you need to discuss stopping of coumadin/warfarin with your prescribing doctor.**
- Stop using certain herbal remedies for 30 days before surgery such as Ginseng, St. John's Wort, vitamin E and garlic supplements because they can also increase the risk of bleeding during surgery.
- If you have taken any of these or if you have any other concerns, [contact your surgeon's office](#).

PRE-OPERATIVE TESTING:

Once you have scheduled your surgery, the next step is to schedule your pre-operative testing. This generally consists of chest x-ray, some blood work and an EKG, which is an electrical picture of your heart.

DIET:

- **The day before your surgery:**
 - Follow a clear liquid diet.
 - Drink a bottle of *Citrate of Magnesia* at 9:00 a.m. and do a Fleet's enema at 5 p.m.
 - Drink plenty of fluids and avoid dairy products the day prior to surgery
- DO NOT eat or drink anything after **MIDNIGHT** the night before surgery (including water, juice, coffee, chewing gum or lifesavers).
- If you are told to arrive after 1:00 p.m. on the day of your surgery, then you may consume clear liquids until 7:00 a.m. on the day of your surgery.
- NO alcoholic beverages 48 hours before or after surgery.

OTHER PREPARATION:

- Leave jewelry and other valuables at home. If you wear contact lenses, glasses, or false teeth, you must bring your case to store them during surgery.

It is recommended that you start doing Kegel exercises six to eight weeks prior to surgery. Please see enclosed documents for more information on how to perform Kegel exercises.

Office Phone Number: (516) 627-6188