



## PREPARATION FOR SURGERY WITH DR. SHAH

Surgery Date: \_\_\_\_\_

Name of Procedure: \_\_\_\_\_

1. TODAY: **Labs** (at Cancer Center), **Chest X-ray** (Radiology 1<sup>st</sup> Fl Cancer Center)  
**EKG** (Heart Station, 2<sup>nd</sup> Fl of Hospital), **Pre-anesthesia** (2<sup>nd</sup> Fl of Hospital)

2. Bowel Preparation [This is **very important** to a successful operation!]

- Clear liquid diet ONLY on \_\_\_\_\_. You can have as much juice, water, soda, clear broth, tea, coffee, jello as you like. We encourage you to drink water and juice EVERY 30 MINs to avoid dehydration. No solid food!
- Magnesium Citrate 1 bottle as directed at noon on \_\_\_\_\_.  
This is available over-the-counter at any pharmacy.
- Fleets enema in the evening on \_\_\_\_\_. If you are still not "clear", repeat in the morning on \_\_\_\_\_ prior to arrival.
- Nothing to eat or drink after midnight on \_\_\_\_\_.
- Nothing to eat or drink after midnight on \_\_\_\_\_ EXCEPT your blood pressure medicines with a sip of water in the morning of surgery prior to coming to the hospital.

3. Medications

Your regular medications are okay, but **NOT these which cause bleeding:**

- No Aspirin, Motrin, Advil, Ibuprofen, Naprosyn, Plavix, Coumadin or other NSAID medication starting TODAY. Please note, Tylenol is OK to continue.
- No Vitamins, Green tea, fish oil, or herbal remedies starting TODAY.
- ABSOLUTELY NO ALCOHOL Starting TODAY.

4. Other Instructions

- Start Kegel Exercises TODAY (see attached instruction sheet)

Questions? Call Trish Seeber (Urology Nurse at CRTc) 505-925-0246

or visit [www.roboticsurgeryNM.com](http://www.roboticsurgeryNM.com)