



PREPARATION FOR SURGERY WITH DR. SHAH

Surgery Date: _____

Name of Procedure: _____

1. TODAY: Labs, Chest X-ray, EKG, Pre-anesthesia phone call

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.
- Golyetly as directed on packaging starting noon on _____.
- Fleets enema at 7PM on _____.
- 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 and Alcohol

- 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 Eimen Ung or Maxine Yazzie at 505-272-4946

or visit www.roboticsurgeryNM.com