



PREPARATION FOR SURGERY WITH DR. SHAH

Surgery Date: _____ Procedure: _____

1. Testing: Labs, Chest X-ray, EKG, Pre-anesthesia phone call/meeting

2. Preparation [Only checked items]

- Plant-based, high fiber diet starting today. [visit American Institute for Cancer Research website for tips www.aicr.org]
- Clear liquid diet ONLY on _____. This includes juice, water, soda, clear broth, tea, coffee, jello. No solid food!
- Fleets enema at 7PM on _____.
- Nothing to eat or drink after midnight on _____.
- 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 _____.
- 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