



Robot-Assisted Prostatectomy
Pre-Operative Instructions

Surgery Date _____ Time _____

Doctor _____

Location _____

Prior to surgery:

1. It is important that you tell us if you are on any **BLOOD THINNING MEDICATIONS**, such as Coumadin (Warfarin), Plavix, Pradexa, Xarelto, Aspirin etc. We may need to consult with your primary care physician or cardiologist about how to manage these medications prior to surgery. Typically **Coumadin, Plavix, and Aspirin** should be **STOPPED 5 days prior** to surgery. **Pradexa, Xarelto, and Eliquis** should be **STOPPED 3 days prior** to surgery.
2. It is important to stop taking **ALL** herbal medications 1week prior to surgery as some of these medications can interfere with anesthesia, affect bleeding or clotting, and/or interact with other medications. This includes, but is not limited to: Echinacea, Gingko Biloba, Ginseng, Goldenseal, Saw Palmetto, St. John's Wort, Valerian, and Fen Phen.
3. Stop **ALL** Motrin, Ibuprofen, Aleve (Naproxen), and all non-steroidal anti-inflammatory drugs (NSAIDS) **1 WEEK** prior to surgery. **IF NEEDED, TYLENOL IS SAFE TO USE UNTIL MIDNIGHT BEFORE SURGERY.**
4. Begin eating lights meals **2 DAYS (48 hours)** prior to surgery. This includes soups, salads, chicken, and fish. Avoid eating heavy or greasy meals.
5. Type 2 Diabetic patients on oral medications including Metformin, Glypizide, etc. should **STOP 2 DAYS** prior to surgery.
6. **STOP ALL ALCOHOL 2 DAYS PRIOR TO SURGERY**
7. **IF YOUR DOCTOR REQUIRES A BOWEL PREP:**
 1. **ONE DAY (24 hours)** prior to surgery, please follow a **CLEAR LIQUID DIET**. Clear liquids are anything you can see through including popsicles, Jell-O, apple juice, and chicken broth. Do not eat or drink anything with red or purple dye.
 2. **DRINK ONE 10oz BOTTLE OF MAGNESIUM CITRATE STARTING AT 8AM THE DAY BEFORE SURGERY**-Magnesium citrate can be purchased over the counter at any pharmacy and is best chilled over ice. **PLEASE SEE ATTACHED BOWEL PREPARATION SHEET FOR INSTRUCTIONS.**

8. Type 1 diabetic, insulin-dependent patients can take their insulin the day prior to surgery but **NOT the day of surgery**. Patients with indwelling insulin pump must notify the anesthesiologist prior to surgery.
9. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE YOUR SURGERY OR ANYTHING THE MORNING OF SURGERY** (This includes chewing gum, tobacco products and mints)
10. **All prescription medications for the treatment of hypertension should be taken should be taken on the morning of surgery with small sips of water only.**
11. Take a shower with **ANTIBACTERIAL SOAP** the **NIGHT before surgery**. Pat yourself dry with a clean towel, **DO NOT** apply any powders, deodorants or lotions, dress in clean clothes, and sleep on clean linen.

*****You will receive a call from anesthesiology a few days prior to your surgery. All instructions by anesthesiology supersede instructions on this form EXCEPT instructions on BLOOD THINNING MEDICATIONS*****