



PRE-OPERATIVE INSTRUCTIONS FOR DA VINCI RADICAL PROSTATECTOMY

SCHEDULING:

Generally, the scheduler for your surgeon will contact you to arrange a date for surgery. They will also schedule a preoperative appointment with the anesthesia preoperative clinic at the hospital that you are scheduling at as well as a preoperative appointment with your surgeon to answer any further questions, sign a surgical consent, and go over the bowel preparation for surgery.

PREOPERATIVE TESTING:

Generally, we will have you see anesthesia 2-3 weeks before surgery to obtain preoperative laboratory studies, EKG, etc. We do this so that if there are any abnormalities, hopefully, we can have these worked up efficiently so that we can keep your scheduled date for surgery.

DIET/BOWEL PREP: (THE DAY BEFORE YOUR SURGERY):

- Follow a light-soft diet (see instructions). A sample diet should be in your informational pamphlet. After lunch, start taking clear liquids.
- Take 3 Dulcolax tablets at 11 AM the day before surgery.
- Take a Fleets Enema at 6 PM the evening prior to surgery.
- Drink plenty of fluids the day before surgery.
- Avoid dairy products the day prior to surgery--milk, cheese, yogurt, etc.
- DO NOT eat or drink anything after MIDNIGHT the night before surgery (including water, juice, coffee, chewing gum, Lifesavers, etc.)
- You are allowed to have a sip of water with your medications (no more than 1-2 ounces of water). Failure to do this may delay or require us to cancel your surgery.
- NO alcoholic beverages 48 hours before or after surgery.

MEDICATIONS:

- Anesthesia preoperative clinic will tell you what you should and should not take especially heart pills, blood pressure pills, seizure pills, etc.
- DO NOT take diabetic pills or any other medication not listed.
- DO NOT take aspirin, ibuprofen, Naprosyn (Bayer, Ascriptin, Motrin, Aleve, etc. to name a few) for 7-10 days prior to surgery.
- DO NOT take Coumadin, warfarin, Plavix for 7-10 days prior to surgery. **YOU WILL NEED TO DISCUSS STOPPING OF COUMADIN/WARFARIN/PLAVIX WITH YOUR PRESCRIBING PHYSICIAN OR CARDIOLOGIST BEFORE STOPPING THESE MEDICATIONS.** If there are any problems or questions please call us or have your physician call us.
- Stop using certain herbal remedies such as Ginseng, St. John's wort, fish oil, vitamin E, multivitamins, garlic supplements as they can increase the risk of bleeding during surgery.

- EITHER BRING ALL OF YOUR MEDICATIONS IN THEIR LABELED CONTAINERS OR A LIST OF YOUR MEDICATIONS WITH THE DOSES AND SCHEDULE OF TAKING THE MEDICATIONS TO THE HOSPITAL ON THE DAY OF YOUR SURGERY

OTHER PREPARATION:

Leave jewelry and other valuables at home. If you wear contact lenses, glasses, or dentures, you must bring your case to store these during your surgery. It is best to leave them with a family member or friend so that they do not get lost.

It is recommended that you start doing pelvic floor exercises prior to surgery (6-8 weeks or as much as possible). Instructions should be given to you.

DAY OF SURGERY:

- If you are the first surgery case of the day (7:30 AM), please arrive at the surgery center of your hospital (you will be directed by our schedulers where this is) by 5:30 AM or whatever anesthesia/preoperative clinic recommends. Please call if you have any questions.
- If you are not the first case of the day, we generally have you arrive 2 hours prior to your scheduled surgical time. This is necessary because the preceding surgery or surgeries may be completed earlier than expected and your case could start earlier.