

**ROCKFORD UROLOGICAL ASSOCIATES, LTD.
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**ROBOTIC PROSTATECTOMY
PREOPERATIVE INSTRUCTIONS**

****Please bring instruction packet the day of surgery****

MEDICATION:

The day of surgery, **YOU SHOULD TAKE** any heart pills, blood pressure pills, (except water pills) and/or seizure pills. Also, you should take half of your insulin dose.

DO NOT take diabetic pills, or any other medication not listed.

DO NOT take aspirin or aspirin products for 14 days prior to your surgery date to reduce the risk of excess bleeding.

DO NOT take ibuprofen or other non-steroidal anti-inflammatory drugs for 14 days prior to your surgery.

DO NOT take Coumadin, warfarin, or Plavix for 10 days prior to your surgery
You need to discuss stopping of Coumadin/warfarin/Plavix with your prescribing doctor.

Stop using herbal remedies such as ginseng and St. John's Wort for 30 days before surgery.

Additionally, vitamin E and garlic supplements should also be stopped because they can increase the risk of bleeding during surgery.

Any other medications not listed can be taken up until the day before surgery.

BRING ALL MEDICATIONS IN THEIR LABELED CONTAINERS WITH YOU THE DAY OF SURGERY.

DIET:

The day before your surgery:

Follow a light soft diet.

Take one Dulcolax suppository at 5 p.m.

Drink plenty of fluids and avoid dairy products the day prior to surgery.

DO not eat or drink anything after MIDNIGHT the night before surgery (including water, juice, coffee, chewing gum or lifesavers). You are allowed to have 1-2 oz of water **ONLY** with your medications.

NO alcoholic beverages 48 hours before or after 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 them during surgery.

It is recommended that you start doing Kegel exercises six to eight weeks prior to surgery. Please see enclosed documents for more information on how to perform Kegel exercises.