

**ROCKFORD UROLOGICAL ASSOCIATES, LTD.  
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**Useful items to have for your surgery**

**Pre-Operative Suggestions**

*Clear liquids and soft diet foods* – clear liquids such as prepackaged Jell-O, chicken/beef broth soups, or juices (no pop or carbonated beverages). The soft diet foods that are allowed are oatmeal or cream of wheat packets, fruits such as bananas, peaches, pears and/or sandwich items.

*Dulcolax* – to take at 5:00 p.m. the evening before surgery.

**Post-Operative Suggestions**

*Loose fitting clothes* – such as drawstring or elastic waist pants.

*Polysporin ointment* – to apply to port sites after bandages have been removed or fallen off.

*Brief-style underwear* – this type of underwear, over boxer-style underwear, will help hold a pad in place if it is necessary that you use one.

*Protective undergarment pads* – A protective pad designed specifically for men that you can put into your underwear to catch any urinary leakage post-operatively. It is especially important that you bring a couple extra to your post-operative visit. Two brand choices that work well are Tena and Serenity and are specifically designed for the anatomy of a man.

*Stool Softener* – Colace has been a good choice for patients in the past. This can assist you with your bowel movements post-operatively. Milk of Magnesia can also be taken 24 hours after surgery if you don't have a bowel movement or aren't able to pass gas or are feeling uncomfortable. You may take this as directed on the bottle. If, after two doses of Milk of Magnesia, you still have not had a bowel movement, it is safe to use a Dulcolax suppository.

*Tylenol* – You may prefer an over-the-counter medication post-operatively.

*Clear vinegar* – A very small bottle or jar is adequate. Each time you change the drainage bag you will use one tablespoon of vinegar with warm tap water to keep the bag clean.