

Pre Surgical Instructions for Robotic Prostatectomy:

Pre-Operative Instructions:

6-8 WEEKS PRIOR TO SURGERY

- **Schedule** pre-operative testing. This testing should be completed **no sooner than six weeks** prior to the date of surgery to ensure the results are current. This testing will help to ensure that we have not overlooked any serious medical complications with surgery. Pre-operative testing generally consists of a chest X-ray, routine blood testing, and an ECG (electrocardiogram).
- **Initiate** a regular routine of **male kegel exercises**. Kegel exercise strengthens the pelvic floor muscle group which is involved in stemming the flow of urine. By building them up now, you will speed up your return to continence after surgery. Also, strengthening the pelvic floor muscles improves orgasmic function, and thus will help you preserve and regain potency. In the interest of continence and potency, it is essential you begin a consistent regiment as soon as possible and continue to maintain it faithfully after surgery.

7 DAYS PRIOR TO SURGERY

- **STOP** taking any aspirin products, they increase your chance of excess bleeding during surgery.
- **STOP** taking any Motrin (ibuprofen) or related non-steroidal anti-inflammatory drugs.
- **STOP** taking most *herbal supplements*.
 - **STOP** taking supplements believed to be detrimental to your pre-surgery health including: *St. John's Wort*, the *now illegal* ephedra or Ma Huang, kava kava, licorice, pennyroyal, germander, chaparral, borage, coltsfoot, comfrey, life root, sassafras, aristolochia fangchi.
 - **STOP** taking supplements that act as blood thinners and *increase the chance of excessive bleeding* during surgery including: ginko biloba, garlic, gensing, dong quai, willow, red clover.
- **STOP** taking Vitamin E before surgery because it too can increase the risk of excess bleeding during surgery.

- If you have been prescribed Coumadin, Eliquis, Plavix, or any other blood thinner call the doctor who prescribed them, and ask if it is okay to **STOP** taking them in light of your impending surgery.

TWO DAYS PRIOR TO SURGERY

- **Absolutely NO Alcohol** or alcoholic beverages 48 hours prior to surgery and 48 hours after surgery. These can have disastrous consequences on the surgery as well as the anesthesia.

THE DAY BEFORE SURGERY

- Absolutely do not take any of the medications or supplements already stopped (above) including Aspirin or Motrin.
- If you are the first case (7:15AM), do a fleets enema between 8-9pm the night prior to surgery. DO NOT EAT anything after 10PM.
- If you are the second case (11:00AM), DO NOT EAT anything after 12pm & do your fleets enema the morning of the procedure at 6am.

THE DAY OF SURGERY

- You **may** and probably *should* take any of these if they are currently prescribed to you:
 - Heart Medication
 - Blood Pressure Medication
 - Anti-Seizure Medication
 - Insulin (please only take HALF of your normal dose though)
- **DO NOT** take Water Pills, Diabetic Pills... in addition to anything you have previously stopped taking in preparation for surgery (remember this includes aspirin, motrin, coumadin, warfarrin)
- *If you have accidentally taken any medications, supplements, or eaten food that you should not have please call your urologist immediately.*
- **Bring all medications currently prescribed to you in their labeled containers with you to the hospital.**
- Bring your CPAP machine with you if you suffer from sleep apnea
- Leave non-essential valuables (such as watches, jewelry, cell phones) at home to reduce the chance of misplacing or losing them in the hospital.
- If you wear glasses, contact lenses, false teeth or related personal items remember to **bring** a case to store them in during surgery.

If you have any questions about these instructions, including what you should and should not be taking and any other questions, please contact my office. We recommend that you print these instructions

out and keep them handy during the time leading up to your surgery. These instructions are given in your best interest and should be followed as carefully and closely as possible.