

## Pre-Op Instructions

If you are currently awaiting a robotic prostatectomy, it is essential for your own safety and the success of your surgery that you carefully read and follow these instructions. If you have already had a robotic prostatectomy, click here for [post-operative instructions](#).

We recommend that you print these instructions and keep them handy for easy reference 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.

### 4-6 Weeks Prior to Surgery

- **Schedule pre-operative testing.**
  - This testing should be completed no later than 1-2 weeks prior to the date of surgery to ensure the results are current. This testing will help 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, an electrical map of your heart).
- **Maintain a healthy lifestyle.**
  - Exercise regularly
  - Eat nutritious well-balanced meals
  - Drink plenty of water
  - Rest

### 1-2 Weeks Prior to Surgery

- **STOP** taking any Plavix products. They increase your chance of excess bleeding during surgery. You may continue taking low dose aspirin.
- **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 or increase the chance of excessive bleeding during surgery including: ginkgo biloba, garlic, ginseng, dong quai, willow, red clover.
- **STOP** taking Vitamin E before surgery because it too can increase the risk of bleeding during surgery.

Dr. Lee Jackson  
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### 5 Days Prior to Surgery

- If you have been prescribed Coumadin or Warfarin, call the doctor who prescribed them. Ask if it is okay to STOP taking them in light of your impending surgery. While it is generally beneficial to stop taking these 4-5 days prior to surgery, in certain cases it is not advisable. If your doctor does NOT allow you to discontinue taking these, contact us at (423) 756-7860.
- Begin taking a stool softener of your choice each day (Dulcolax Stool Softener, Colace or Surfak).

### 3 Days Prior to Surgery

- Stop taking Eliquis and Xarelto

### The Day Before Surgery

- Absolutely do not take any of the medications or supplements already stopped (above) including Plavix or Motrin.
- If you are on oral medications for diabetes such as Metformin, you may take it today but NOT the day of surgery.
- Stop any ACE inhibitors.
- You may have a light breakfast, then clear liquids the rest of the day
- Do a Fleet enema at 5:00 pm to help clean yourself out.

### 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 except for all ACE inhibitors
- Anti-Seizure Medication
- Insulin (only take HALF of your normal dose)
- **DO NOT** take Water Pills, Diabetic Pills - in addition to anything you have previously stopped taking in preparation for surgery. Remember this includes Plavix, Motrin, Coumadin, Eliquis, and Xarelto.
- If you have accidentally taken any medications, supplements, or have eaten food that you should not have please contact us immediately. Contact us at (423) 756-7860.
- Bring all medications currently prescribed to you in their labeled containers with you to the hospital.
- 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, bring a case to store them in during surgery.

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***If your surgery is in the morning,*** you should drink 12 ounces of a carbohydrate-rich drink such as Gatorade, Powerade or Apple juice before 5:30 am, then nothing by mouth.

***If your surgery is in the afternoon,*** you may have a piece of toast and berries or half an apple with or without a cup of black coffee by 6 am and 12 ounces of a carbohydrate-rich drink such as Gatorade, Powerade or apple juice by 9 am and then nothing by mouth.

**Post-Operative Instructions:** Please read our post-operative instructions so you will be prepared for what comes next after your surgery.

Questions? If you have any questions about these instructions, including what you should and should not be taking, contact us at (423) 756-7860.