potomac UROLOGY

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Alok Desai, M.D. Pratik Desai, M.D. Nilay Gandhi, M.D. John Klein M.D. Inderjit Singh M.D.

Prostatectomy Pre Operative Instructions

THE MONTH PRIOR TO SURGERY

• **Schedule pre-operative testing with your primary care physician**.

This testing should be completed no sooner than four weeks prior to the date of surgery to ensure the results are current. Pre-operative testing generally consists of a chest X-ray, routine blood work, and an EKG.

• **Initiate a regular routine of male kegel exercises**.

These exercises strengthen the pelvic floor muscle groups which are involved in both continence and 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. See **Appendix 1** for instructions.

THE WEEK LEADING UP TO SURGERY

• **STOP** taking any aspirin products, Motrin (ibuprofen), or related non-steroidal anti-inflammatory drugs. Aspirin and other pain medications (except Tylenol) interfere with normal blood clotting and this might result in increased bleeding at the time of surgery.

• **STOP** blood thinners like Coumadin/Warfarin, Lovenox, and/or Plavix **1 week prior** to surgery. You should ask the doctor who prescribed this medication, if it is okay to STOP taking this medication in light of your impending surgery. If your doctor does NOT allow you to discontinue taking these medications, please contact us.

• **Absolutely NO alcohol or alcoholic beverages 48 hours prior to surgery and 48 hours after surgery**.

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THE DAY BEFORE SURGERY

• Follow a **CLEAR** liquid diet (See **Appendix 2**). Drink plenty of fluids and **AVOID** milk products.

• **At 9AM**, drink ONE bottle of **Magnesium Citrate** (purchase at pharmacy).

• **At 5PM**, do a **Fleet enema** (purchase at pharmacy).

• After **MIDNIGHT** before surgery **DO NOT** eat or drink anything. This includes water, juice, coffee, chewing gum, lifesavers, and more.

OTHER PRE-OPERATIVE INSTRUCTIONS

• 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, remember to bring a case to store them in during surgery.

• Bring your robe, slippers, and toiletries as needed for your hospital stay. Please bring a pair of elastic sweat pants to go home in upon discharge. This will help with your catheter bag.

If you have any questions about these instructions, including what you should and should not be taking and any other questions, please contact us. 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.

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APPENDIX 1

PELVIC MUSCLE (KEGEL) EXERCISE INSTRUCTIONS

• How to Find the Pelvic Muscle

The muscle that you use to hold back unwanted gas is the one you want to exercise. Some people find this muscle by voluntarily stopping the stream of urine.

• Exercising the Muscle

Begin by emptying your bladder. Then try to relax completely. Tighten this muscle and hold for a count of 10, or 10 seconds, then relax the muscle completely for a count of 10, or 10 seconds. You should feel a sensation of lifting of the area around your perineum or of pulling around your rectum.

• When to Exercise

Do 10 exercises in the morning, 10 in the afternoon and 15 at night. Or else you can exercise for 10 minutes three times a day. Set your kitchen time for 10 minutes three times a day. Initially, you may not be able to hold this contraction for the complete count of 10. However, you will slowly build to 10-second contractions over time. The muscle may start to tire after six or eight exercises. If this happens, stop and go back to exercising later.

• Where to Practice These Exercises

These exercises can be practiced anywhere and anytime. Most people seem to prefer exercising lying on their bed or sitting in a chair.

• Common Mistakes

Never use your stomach, legs, or buttocks muscles. To find out if you are also contracting your stomach muscle, place your hand on your abdomen while you squeeze your pelvic muscle. If you feel your abdomen move, then you are also using these muscles. In time, you will learn to practice effortlessly. Eventually, work these exercises in as part of your lifestyle; tighten the muscle when you walk, before your sneeze, on the way to the bathroom, and when you stand up.

• When Will I Notice a Change?

After 4 to 6 weeks of consistent daily exercise, you will notice less urinary accidents; after 3 months you will see an even bigger difference.

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APPENDIX 2

Clear Liquid Diet

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. **NO red or purple liquids should be consumed.**

Food Group	Food Allowed	Food to Avoid
Milk & Beverages	• Tea • Carbonated beverages • Fruit flavored drinks • Water	• Milk & Milk drinks • Red or purple liquids • Creamer
Meats & Meat Substitutes	• None	• All
Vegetables	• None	• All
Fruits & Fruit Juices	• Strained fruit juices • Apple, white grape, lemonade	• Unstrained fruit juices
Grains & Starches	• None	• All
Soups	• Clear broth • Consomme	• All others
Desserts	• Clear flavored gelatin	• All
Fats	• None	• All others
Miscellaneous	• Sugar, honey syrup, clear hard candy, salt	• All

Breakfast
4oz white grape juice
6oz clear broth
Jell-O
Tea

Lunch
4oz apple juice
6oz clear broth
Jell-O
Tea

Dinner
4oz lemonade
6oz clear broth
Jell-O
Tea