potomac UROLOGY

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Robotic Sacrocolpopexy Instructions

One day before surgery:

- Follow a **CLEAR** liquid diet only.
- **At 9 AM**, drink ONE bottle of Magnesium Citrate
- Drink plenty of fluids and **AVOID** dairy products
- **At 5 PM**, do a Fleets enema

Do NOT eat or drink after MIDNIGHT the night prior to your surgery. This includes water, juice, coffee, chewing gum, or lifesavers and more.

NO alcoholic beverages 48 hours BEFORE and AFTER your surgery.

Other Preparations:

Leave jewelry and other valuables at home

If you wear glasses, contact lenses, or use false teeth/dentures, you MUST bring your case to store these items during your surgery.

Arrive AS EARLY AS POSSIBLE, in the event that other surgeries ahead of you finish early and/or cancel, your surgery may move up.

PURCHASE at the pharmacy:

- **1 bottle Magnesium Citrate**
- **1 Fleets enema for adults (white and green box)**