



UT Health  
San Antonio

## COUNTDOWN TO SURGERY

### Preoperative Instructions | Michael A Liss, M.D., M.A.S.

If you are currently awaiting a robotic prostatectomy, *it is essential for your own safety and for the success of your surgery that you carefully follow these instructions.*

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### Pre-Operative Instructions:

#### IMMEDIATELY

- **Initiate** a regular routine Pelvic Floor Exercises.
- Male Kegel exercise strengthens the pelvic floor muscle group which are 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.
- A video has been created for your benefit to educate you on these exercises. It is imperative that you start performing them as soon as possible.

#### 4 WEEKS PRIOR TO SURGERY

- **Schedule** pre-operative testing.
  - Testing allow for any medical condition that could impact surgery be identified and optimized prior to surgery
  - Pre-operative testing generally consists of a chest X-ray, routine blood testing, and an ECG (electrocardiogram, an electrical map of your heart that can reveal and diagnose electrophysiological problems with your heart).

#### 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 Worth*, 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 of increased the risk of bleeding during surgery.
- If you have been prescribed Coumadin or Warfarin, call the doctor who prescribed them, and ask if it is okay to **STOP** taking them in light of your impending surgery. While it is generally beneficial to stop taking these 7 days prior surgery, in certain cases it is not advisable. If your doctor *does NOT allow* you to discontinue taking these, please inform your urologist.



## **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.
- Do not eat or drink anything after Midnight (12 P.M.)

## **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 the office or let the anesthesia doctor and urologist know the morning of surgery.*
- **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 your urologist.**

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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