**Robotic Prostatectomy instructions Date of surgery\_\_\_\_\_\_\_\_ Arrival time\_\_\_\_\_\_\_\_\_**

Stop the following medications **5 days** prior to and after your surgery:

 **\*Coumadin (warfarin) \*Ibuprofen products \*Aleve \*Fish Oil \*Vitamin E**

 **\*Glucosamine \*Celebrex \*Brilinta (Ticagrelor) \*Ginko \*Mobic (meloxicam)**

Stop the following medications **10-14 days** prior to and after your surgery:

 **\*Plavix (clopidogrel)**

Stop the following medications **7 days** prior to and after your surgery:

 **\*Aspirin \*Effient (prazugrel) \*Aggrenox \*Pradaxa (dabigantran etexilate)**

Stop the following medications at least **2 days** prior to and after your surgery:

 **\*Xarelto (rivaroxaban) \*Eliquis**

\_\_\_Two days before surgery you need to eat well balanced meals and drink plenty of fluids. The day prior to surgery you will be on clear liquids only.

\_\_\_The day before your surgery you need to go to Via Christi Hospital between 7:00am and 10:00am to have your blood drawn for a Type and Screen. This test is necessary for your surgery and must be done at Via Christi. IF A BAND IS LEFT ON YOUR WRIST IT IS IMPORTANT THAT YOU DO NOT REMOVE IT. If the band is removed prior to surgery the lab may have to be repeated, delaying your surgery.

\_\_\_ **You may eat a normal diet up until 2pm the day before surgery, but avoid heavy foods (steaks, hamburgers, etc).** If you are scheduled for a robotic surgery you will be on a **clear liquid diet after 2pm the day before surgery**. This includes: water, sports drinks, popsicles/gelatin (no fruit or cream), clear juices (apple, cranberry, grape, lemonade, orange juice without pulp), tea/coffee without cream, clear broth/bouillon.

Try to stay hydrated and drink plenty of fluids the day before surgery. This will help with starting your pre-op IVs.

\_\_\_The day before your surgery **you will need to drink 8oz Magnesium Citrate around 2:00pm**. This can be mixed in any of the above clear liquids. **Expect a laxative effect**. This can be purchased at your pharmacy without a prescription. You may continue to have clear liquids up until midnight.

Anesthesia Associates and the staff at Via Christi will call you the day/evening prior to your surgery to review your medications and medical history. They will also let you know what time to arrive.

\*\*\***The morning of surgery**, please drink a 20 ounce Gatorade. **PLEASE FINISH 2.5 HOURS PRIOR TO YOUR SCHEDULED SURGERY. FAILURE TO DO SO WILL RESULT IN YOUR SURGERY BEING DELAYED**\*\*\*

\_\_\_The day of surgery please arrive at the hospital by \_\_\_\_\_\_\_\_. You will be taken to the pre-op area where they will review your medications/allergies and start your pre-op IVs.

After your surgery you will wake up in a recovery room. You may have an oxygen mask on, heart monitor, blood pressure cuff, compression stockings on your legs, a catheter and a Jackson Prat drain (this will be removed before you go home). From the recovery room you will go to your room on the surgical floor.

**Day of surgery: expect to walk/be out of bed. You will start on a clear liquid diet again on the 1st day. \*\*Please bring chewing gum to have on 1st day to help bowels wake up after your procedure\*\*** It is important to let the nurses know when you are passing gas.

When you are discharged you will go home with the catheter and around 5-6 poke holes in your abdomen. The surgical incisions will be covered with dressings and may leak some fluid. This is normal and should resolve in 24-48 hrs. You will need to take it easy and get plenty of rest. DO NOT OVER DO IT. It will slow down your recovery time. Your catheter will stay in for about 10 days until your post op appointment. You may shower with the catheter and wash the tube with soap and water. You are not going to hurt anything, but avoid any tugging by making sure the tubing is secured to your upper thigh. You may notice leaking around the catheter with bowel movements. This is normal. You may notice your urine color changes and can even become blood-tinged. Often this may be influenced by activity. Should this occur, rest and increase your fluid intake. **Should the catheter stop draining, call our office.**

You will need to get a **stool softener** (may be found over the counter) to take twice daily to ensure soft bowel movements. If you notice loose stools or diarrhea, you make take the stool softener once daily. IT IS VERY IMPORTANT THAT YOU DO NOT STRAIN WITH BOWEL MOVEMENTS. This will put pressure on the urethra. If you develop constipation you can add Milk of Magnesia and take as directed. You will be given a prescription for an **antibiotic.** YOU WILL START THIS MEDICATION THE DAY BEFORE YOUR CATHETER IS REMOVED.

You may notice a decreased appetite once returning home. This is also normal. You may try to eat 6 small meals per day, rather than 3 large meals. Try to include a lot of protein in your diet to help with healing. You will want to avoid any gas-producing foods (broccoli, cauliflower, beans etc) and they may cause added abdominal discomfort.

If you have any questions please feel free to call \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at 785-537-8710.