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**PRE-OPERATIVE INSTRUCTIONS:  
ROBOTIC-ASSISTED LAPAROSCOPIC RADICAL PROSTATECTOMY**

DATE OF SURGERY: \_\_\_\_\_ Hospital: \_\_\_\_\_

Time: \_\_\_\_\_ Time of Arrival: \_\_\_\_\_

Instructions for the *Day Before* surgery:

**DIET**

Drink *clear liquids* all day. *Clear liquids* include broth, boullion, coffee or tea without cream or milk, *Jell-O*, popsicles, fruit juices, water, sports drinks, (such as *Gatorade*) and clear carbonated beverages --- anything you can see through.

It is important that you remain well hydrated. Drink plenty of clear liquids all day and night, but take nothing by mouth (including) water after midnight. Morning medications (heart or blood pressure) can safely be taken with a sip of water.

You need calories. Beef or chicken broth and gelatin provide an excellent source of calories during your bowel preparation.

DO NOT drink dairy products or citrus fruit juices.

**Night Before surgery**

Take your usual evening medications at 6 pm.

Take 2 *Fleet* enemas before bedtime.

**Take no aspirin, aspirin products, and vitamin E for 10 days prior to surgery.**

If you are taking Coumadin or any other blood thinners, please discuss this with your surgeon.

**PLEASE CALL OUR OFFICE IF YOU HAVE ANY QUESTIONS:**

**816-842-0171 or 816-781-8400**

[www.urologyspecialistskc.com](http://www.urologyspecialistskc.com)