

North Florida OBGYN - Urogynecology

Steven Goldwasser, M.D.

www.Bladderdoc.com

PREOPERATIVE INSTRUCTIONS

1. Do not eat or drink anything after midnight, unless told otherwise by your doctor or anesthesia provider. If you are diabetic, please let your doctor know so that your medications may be adjusted.
2. **Please let your doctor know if you take aspirin, Motrin (ibuprofen), naproxen, vitamin E, Fish Oil, BLOOD THINNERS, or other medications for arthritis or pain.** Stop these medications **7 DAYS** before your day of surgery. *TYLENOL is OK.* Please do not stop any other medications without discussing it with your doctor.
3. It is very normal after this type of surgery to have difficulty emptying your bladder all the way. You may be sent home with a catheter and instructions on how to use it. This is normal - do not worry. Most catheters come out within one week of surgery.
4. Plan on having someone around with you when you get home from the hospital.
5. You **WILL WILL NOT** need a "bowel prep".

Bowel Prep Instructions:

The following bowel preparation will help clean you're bowel prior to surgery. It will help make your surgery easier and reduce the chance of bowel injury. This step before surgery may lessen postoperative nausea and vomiting. This will hopefully make your recovery time shorter and more comfortable.

1. **LIQUID** diet beginning **one day / two days** before surgery. These include juices, water, jello, and broth. Drink LOTS of liquids. If you are a diabetic, please inform your doctor before doing this.
2. **One gallon of Go-Lytely / Half- Lytely** Beginning at noon on **the day before surgery.** Try to finish the whole bottle by that evening. The Go-Lytely may be easier to drink if you chill it the night before and mix it with a drink mix (i.e. Country Time Lemonade).
3. **OTHER BOWEL PREP KIT**
4. **Buy TWO Fleets enemas** use 1 at 6:00 p.m. the **evening before** surgery AND the morning of surgery.
5. Nothing to eat or drink after **midnight the night before surgery.** Daily medications may be taken the morning of surgery with a **sip** of water. Please consult your doctor for details.

For general questions, please contact Dr. Goldwasser's Nurse at

(904) 245-1328

Tina will schedule your surgery
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