

PRE-OPERATIVE INSTRUCTIONS
FOR YOUR SURGERY

Drug Sheet:

Please notify your doctor if you are taking ANY of the drugs listed below. **You should discontinue these drugs and ALL VITAMINS THREE TO FOUR WEEKS prior to your surgery and before any laboratory tests are done.** However, if your doctor has ordered the medication, consult him/her before discontinuing.

This list is constantly changing. Please consult your local physician to make sure that the medications you are taking **do not** affect your platelets or blood coagulation (PT/PTT tests).

IMPORTANT: If you are taking any of the drugs listed below, please indicate the date on which you last took this medication on the new patient consultation form, under medications, and the quantity you took.

Any Herbal Supplements	Damason-P	Indocin	Persantine
Advil	Daypro	Isolly Improved	Piroxicam
Aggrenox	Diclofenac	Ketoprofen	Pid-A-Pain
Alka-Seltzer	Dipyridamole	Ketorlae	Plavix
Anacin	Dolobid	Lanorinol	Roxiprin
Anaprox	Easprin	Lortab ASA	Rufen
Anturane	Ecotrin	Marnal	Saleto
Arthritis Pain Formula	Emprin	Measurin	Sine-Off
Ascriptin	Equagesic	Meclofenamate	Sulfinpyrazone
Aspirin	Equalzine-M	Meclomen	Sulindae
Aleve	Excedrin	Meprogesic	Synalgos
Axtal	Feldene	*Metformin	Talwin Compound
Azdone	Fenoprofen	Midol	Tenol Plus
Bauer	Fish Oil	Momentum	Tolectin
Bufferin	Florinal	Motrin	Toradol
Butalbital	Genpril	Nalfon	Trendar
Celebrex	Genprin	Naprosyn	Trigesic
Clinorill	Naproxen	Vioxx	<i>Vitamins</i>
Cope	Haltrane	Nuprin	Voltaren
	Ibuprin	P-A-C	Zorpin
	Ibuprofen	Pamprin-IB	

Metformin has to be stopped only 3 days before surgery

Attention all patients:

Please start practicing Kegel exercises prior to your surgery and resume them once the catheter is removed. Thank you.

Q: KEGEL EXERCISES/SPHINCTER MUSCLE EXERCISES:

Will you provide me in writing the proper way to do Kegel exercises post radical prostatectomy?

A: There are many disagreements about what is the “proper” way. I like to have patients do Kegel exercises by imagining that they are urinating and then contracting the muscles to “cut off” the stream. They should hold the contraction for only a second or two. Then, they should let the muscle rest for 5-10 seconds and repeat the contraction. I advise patients to do a set of 10 contractions four times a day – usually at breakfast, lunch, dinner, and bed time. This allows the muscles to rest between exercise periods so the muscles do not remain in a fatigued state. In addition, I like the patient to actually stop the urinary stream once or twice when urinating to determine whether he is contracting the right muscles. If the stream stops, he is contracting the right muscles. Taken together, this leads to about 50 contractions per day. This is like doing 50 push-ups a day and will strengthen the muscles if done faithfully. More than 50 contractions may be too much and may leave the muscles fatigued – resulting in worse continence.

PLEASE follow these instructions and not other instructions you may receive from other sources.

Bowel Prep for Radical Prostatectomy with Dr. Catalona:

In preparation for your surgery, Dr. Catalona has prescribed the following bowel preparation, which you will do at home, or in the hotel room.

The day before your surgery:

- ✓ Eat light meals all day such as fish, chicken, soup, salad, and fruit. AVOID steak, pasta or deep fried foods.
- ✓ After your evening meal, give yourself a Dulcolax suppository (or any over the counter suppository). The suppository will stimulate a bowel movement in about one hour. After you have had the bowel movement, give yourself a Fleet enema (or any brand, as long as it's an enema).

No food or drink or after 10:00 PM the evening before your surgery, including water and gum. If you must take medicine, please take it with only a few sips of water. Please consult the RN regarding any medications you can or cannot take.

While purchasing the suppository and enema, you may wish to purchase a stool softener (Colace or docusate sodium 100mg capsules), Milk of Magnesia, and Ferrous Sulfate iron tablets of 325mg. You will also need these items after the surgery. Also, purchase adult pads (Depends or Poise) and bring with you, when you have the catheter removed. You may also need them when the catheter is in place due to leakage outside the catheter. Please bring them with you to the hospital.

*** NOTE: Please begin taking Cialis 5mg (1 tab daily) starting five days before surgery and continue taking until you run out. You will be given a prescription for 30 tablets. You will begin injection therapy during your hospital follow up visit (4-6 weeks post op). You are to stop the pills before your office visit therefore it is ok if you run out of cialis several days/weeks before your appointment. Please contact our office for prescription before surgery***

Hospital Instructions:

- ✓ Leave valuables and money at home.
- ✓ Nothing to eat or drink AFTER 10:00 p.m.
- ✓ Wear casual clothes.
- ✓ No jewelry.
- ✓ You will be given an antibiotic the morning of your surgery.
- ✓ You must have someone with you when you are discharged from the hospital.
- ✓ Bring current medications and adult urinary pads.
- ✓ Bring a container and solution for contact lenses.
- ✓ Bring a large pair of pants (i.e. sweat pants, jogging suit, etc.) to wear home. They should fit loosely in the waist and legs.

Special Instructions:

- To help prevent infection, always wash your hands.
- Begin taking **Cialis 5mg 5 days BEFORE** your surgery. Please call or email the nurse if you do not have a prescription for cialis or email her at sshresth@nmff.org
- Wear the larger drainage bag at night. Never go to bed with the leg bag on. Urine could backflow into the bladder if the bag fills up.
- **It is normal to have blood in the urine as long as the catheter is in. It is also common for some urine and blood to leak around the catheter at times.** You should wear a pad inside your briefs, if this occurs.
- Urine must always drain downhill. Always keep the leg bag, drainage tube and bedside bag below the level of your bladder.
- Avoid kinks in the drainage system. While in bed, don't lie on the tubing.
- Empty your bags at least every 4 hours or more often as needed to prevent urine back up.
- Keep everything clean. After cleaning the drainage bag, hang the bag in the shower or bath tub to dry out between uses.
- Drink sufficient liquids to keep your urine flowing freely and prevent the catheter from becoming clogged.
- It is okay to shower with the catheter in.

- Keep the catheter taped in place to prevent it from moving in and out as much as possible.
- Make sure it is taped well to guard against kinking of the catheter tubing that would obstruct the urine flow.

When to Call Dr. Catalona:

Notify your doctor if any of the symptoms listed below occur:

- Temperature above 101.5°F
- Chills
- Pain radiating from the back side
- No urine output in one hour.
- Pain, redness or swelling in your lower legs that makes it difficult to walk.
- If the catheter stops draining, it should be irrigated. You should have received these supplies and instructions before you left the hospital. If you are unable to do this yourself, go to our Emergency Room for assistance with this. If you are not local, go to your nearest Emergency Room. If the catheter needs to be changed it should be changed by a urologist.