** PREPARATION FOR SURGERY WITH DR. SHAH**

Surgery Date: \_\_\_\_\_\_\_\_\_\_\_\_\_Procedure:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Testing: Labs, Chest X-ray, EKG, Pre-anesthesia phone call/meeting

2. Preparation [Only checked items]

 Plant-based, high fiber diet starting today. [visit American Institute for Cancer Research website for tips www.aicr.org]

 Clear liquid diet ONLY on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. This includes juice,

 water, soda, clear broth, tea, coffee, and jello. No solid food!

 Fleets enema at 7PM on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

 Nothing to eat or drink after midnight on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

 Magnesium Citrate 1 bottle as directed at noon on \_\_\_\_\_\_\_\_\_\_\_\_\_.

 This is available over-the-counter at any pharmacy.

 Golyetly as directed on packaging starting noon on \_\_\_\_\_\_\_\_\_\_\_\_\_.

 Nothing to eat or drink after midnight on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ EXCEPT your blood pressure medicines with a sip of water in the morning of surgery prior to coming to the hospital.

3. Medications and Alcohol

 No Aspirin, Motrin, Advil, Ibuprofen, Naprosyn, Plavix, Coumadin or other

 NSAID medication starting TODAY. Please note, Tylenol is OK to continue.

 No Vitamins, Green tea, fish oil, or herbal remedies starting TODAY.

 ABSOLUTELY NO ALCOHOL Starting TODAY.

4. Other Instructions

 Start Kegel Exercises TODAY (see attached instruction sheet)

Questions? Call Anna Munoz, NP or Maxine Yazzie, MA at 505-272-4946 or visit www.roboticsurgeryNM.com