

# Before Your Laparoscopic Prostatectomy

Indiana University Hospital



You and your surgeon have decided on the removal of your prostate gland as treatment for cancer. During this operation, your prostate gland and seminal vesicles will be taken out. The instructions below will help you get ready for surgery.

## Tests Before Surgery

Some tests need to be done before your surgery to make sure it is safe for you to have anesthesia. These may include blood tests, a urine test, a chest x-ray and an EKG. Have these tests done within 4 weeks of your surgery.

You can have these tests done at any facility you chose near you or at your family doctor's office. The orders for these tests and a fax number to send the results to your surgeon's office are included with this information.

On the day of surgery, an anesthesiologist will talk with you before you go into the operating room. He will tell you what kind of anesthesia and pain control will be used during the surgery. He will also talk to you about the medicines you are taking. It is best to bring a list of what medicines you take, the dose, when you take them and why you take them.



## Your Medicines

If you are taking aspirin, anti-inflammatory medicines (Motrin<sup>®</sup>, Advil<sup>®</sup>, ibuprofen), herbals or blood thinners, tell your doctor. These medicines may cause bleeding problems. They should be stopped at least 1 week before your surgery.



## Smoking

Smoking increases the chances of lung problems during and after the surgery. If you smoke, you should try to stop as soon as possible.

Clarian is a smoke-free hospital. Smoking is not allowed in the building or anywhere on the grounds.

# The Day Before Surgery

## Diet

Your surgeon may tell you to have only clear liquids **the day before surgery**. Clear liquids include water, broth, tea, coffee (without cream), popsicles®, fruit juices (without pulp) and Gatorade®. If your surgeon tells you to drink only clear liquids, do not eat solid food the day before surgery.



**Do not eat or drink anything after midnight the night before surgery.**

## Bowel Preparation

Your surgeon may tell you to take a Fleets® enema, phosphosoda or magnesium citrate. If one of these medicines is ordered, follow the directions on the package. You can get any of these medicines from your local drug store. These medicines are mild laxatives. They will “clean out your bowel” before surgery.

## Things You May Want To Bring To The Hospital

Do not bring money or valuables. Pajamas or gowns are provided, but you may want to bring your own robe. Toiletries are also provided, including a disposable razor. Do not bring money or valuables.