

Mokena Urology

Robert A. Bonzani, M.D.

19401 Wolf Road

Mokena, Illinois 60448

708-995-1917

PREOPERATIVE INSTRUCTIONS

CHANGE IN HEALTH STATUS

Notify Dr. Bonzani if you experience any significant change in your health status: develop a cold, fever, bladder infection, diarrhea, or other infection before your surgery.

PREOPERATIVE MEDICATION INSTRUCTIONS

Unless specifically instructed otherwise by your primary care physician or anesthesiologist, please observe the following guidelines for taking your medicines before surgery:

Ten Days Prior to Your Surgery:

- a) **STOP** all aspirin and all aspirin-containing medicines (e.g., Anacin, Excedrin, Pepto-Bismol.) Check any and all cold or pain medication bottles to make certain aspirin is not contained. Ask the doctor if there are any questions.
- b) **STOP** all non-steroidal anti-inflammatory medications (e.g., etodolac (*Lodine*), fenoprofen (*Nalfon*), ibuprofen (*Advil, Motrin, Nuprin*), ketorolac (*Toradol*), naproxen (*Aleve*), meclufenarnate (*Meclomen*), mefenamic acid (*Ponstel*), naproxen (*Anaprox, Naprosyn*)).
- c) **STOP** all blood thinning medications (e.g., warfarin (*Coumadin*), *Plavix, Ticlid, Lovenox, Fragmin, Xarelto, etc.*).

On the Morning of Your Surgery:

- a) **DO NOT TAKE** digitalis medicines (for the heart) – (e.g., *Crystodigin, Digoxin, Lanoxin*).
- b) **DO TAKE** with a small sip of water, ALL of your other usual morning doses of regularly prescribed medicines. Use your asthma inhalers and take them with you to the hospital.

For Diabetics:

- c) DO NOT TAKE oral diabetic medicines (e.g., chlorpropamide (*Diabinese*), glyburide (*DiaBeta, Glynase, Micronase*), glipizide
- d) DO TAKE one-half of your usual morning *Insulin* dose (if maintained on injectable insulin). However, DO NOT TAKE any morning *Insulin* dose if you are driving a great distance the morning of surgery or if your surgery is scheduled for the afternoon.

PREOPERATIVE DIET INSTRUCTIONS

Unless specifically instructed otherwise by your primary care physician, patients of all ages must observe the following diet restrictions before surgery:

AFTER MIDNIGHT ON THE DAY OF YOUR SURGERY:

DO NOT EAT any solid foods, including juices with pulp, (e.g., orange juice, nectars), lozenges, candy, chewing gum, and mints.

DO NOT DRINK full liquids, such as milk, cream, and jello.

DO NOT DRINK clear liquids, such as water, clear juices (e.g., apple, grape), tea and coffee.

MISCELLANEOUS GUIDELINES FOR THE DAY OF SURGERY

- a) Take your medicines as instructed above.
- b) You may brush your teeth; rinse your mouth, but do not swallow the water.
- c) Leave all jewelry (including wedding and all other rings) and valuables (including money and credit cards) at home.
- d) If you wear contact lenses, glasses or hearing aids, please bring a case or container, and solution for contacts, to protect them while you are in surgery.
- e) Wear a minimum amount of makeup, and no mascara. Please remove the nail polish from both index fingers.
- f) Please bring a copy of your current medical problem list from your primary care physician (family medicine/internist).
- g) Minors (anyone less than 18 years of age) must be accompanied by a parent or legal guardian to sign the operative consent form.
- h) The anesthesiologist will discuss with you the anesthetic most appropriate for your medical condition and procedure prior to surgery. Of course, if Dr. Bonzani feels one particular form of anesthesia will be preferential for you, he will also make that recommendation to you.

- i) After your surgery you must be escorted/driven home by a responsible adult. You may take a taxi cab if accompanied by a responsible adult who can stay with you after the driver departs.

ESWL (KIDNEY STONE LITHOTRIPSY) PATIENTS:

Please be sure to obtain from the drug store one bottle of ***Magnesium Citrate***, and drink it at 6 pm the night before your surgery. This will help clear the bowels and make finding and treating your stone much easier.

RADICAL PROSTATECTOMY PATIENTS:

You should purchase a Fleets enema from the drug store, and administer it at 6 pm the night before your surgery. This will empty the rectum and make removal of your prostate easier and safer.

Dr. Bonzani has made it his mission to assure that any and all of your issues, anxieties, and concerns are addressed prior to your surgical procedure. If at any time prior to your surgery you have ANY questions, please contact the office at any time.