

Northwest Arkansas Urology
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Preparing for your surgery

Medications to AVOID prior to surgery

Aspirin, Motrin, Ibuprofen, Advil, Alka Seltzer, Vitamin E, Ticlid, Coumadin, Lovenox, Celebrex, Voltaren, Vioxx, Plavix, and some other arthritis medications can cause bleeding and should be avoided 1 week prior to the date of your surgery. Please contact your physician if you are not sure if the meds you take should be stopped prior to surgery.

Bowel preparation prior to surgery

Do not eat or drink anything after midnight the night before your surgery. You will need to obtain one bottle of Magnesium Citrate to take the day before surgery. You should drink this at 2 pm the day before surgery. The Magnesium Citrate can be purchased at any of your local pharmacies. The morning of surgery, we want you to administer one Fleets enema per rectum before coming to the hospital. This also can be purchased at any of your local pharmacies.

Clear liquid diet

You may have a regular breakfast and lunch the day before surgery. However, starting at 2 pm you need to start a clear liquid diet. Clear liquids are those liquids that you are able to see through. Listed below are liquids that you are allowed to have the day before surgery. If you have any questions about this diet, please feel free to contact our office.

- Water
- Clear Broths (no cream soups, meat, noodles, etc.)
 - Chicken broth
 - Beef broth
- Juices (no orange juice or tomato juice)
 - Apple juice or apple cider
 - Grape juice
 - Cranberry juice
 - Tang
 - Hawaiian punch
 - Lemonade
 - Kool Aid
 - Gatorade
- Tea (you may add sweetener, but no cream or milk)
- Coffee (you may add sweetener, but no cream or milk)
- Clear Jello (without fruit in it)
- Popsicles (without fruit in it or cream)
- Italian ices or snowball (no marshmallow)