

THE UROLOGY GROUP

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BLADDER LIFT (SACROCULPOPEXY) PREOPERATIVE INSTRUCTIONS

NAME: _____

DATE OF PROCEDURE: _____ TIME: _____

REPORT TO OUTPATIENT SERVICES AT: _____

SURGEON: _____

The time of your procedure may change. If your scheduled time changes, the facility will contact you and let you know what your new time is and when to arrive. Please plan to be available for surgery at any time that day.

1. If you are over the age of 50, you are required to have an EKG dated within one year of your procedure date. (This is required per anesthesia.) You can get an EKG done with your primary care, cardiologist or at the hospital. **You are responsible for getting the EKG done 6 months prior to your procedure or your procedure may be cancelled.**
2. If you were instructed to obtain blood work, chest x-ray or medical or cardiac clearance, please contact your primary care provider to make arrangements.
3. **DO NOT TAKE** any aspirin or aspirin-like compounds for seven (7) days prior to surgery. This includes Advil, Nuprin, Motrin, Bufferin, or Anacin. **DO NOT TAKE** Vitamin E, multivitamin or fish oil seven (7) days prior to surgery. These are all blood thinners. **YOU MAY TAKE TYLENOL.**
4. If you are on any blood thinners [Coumadin (warfarin), Plavix, Xarelto, etc] or if you are diabetic, please notify the surgical scheduler.
5. Follow your regular diet the day prior to surgery.
6. If you are not diabetic, drink 16.9 ounces of Gatorade at 5 pm the evening prior to surgery. If you are diabetic, drink 16 ounces of water the evening prior to surgery. **NO SOLID FOOD AFTER MIDNIGHT.** You may continue to drink clear liquids up to 4 hours before your surgery. See Clear Liquids on the next page.
7. Our office will obtain any necessary preauthorization from your insurance company. If you have questions regarding coverage/payment, please request the CPT procedure code from our office and call your insurance company.

**Inova Loudoun Hospital
Center**

44055 Riverside Parkway
Leesburg, VA 20176
Preop dept: (703) 858-6768
www.inova.org

Reston Hospital Center

1850 Town Center Parkway
Reston, VA 20190
Preop dept: (703) 689-9005
www.restonhospital.com

StoneSprings Hospital

2440 Stone Springs Blvd
Dulles, VA 20166
Preop dept: (571) 349-4600
www.stonespringshospital.com

CLEAR LIQUIDS

Tea and coffee (no creamer or milk)

Carbonated drinks

Fruit flavored drinks

Strained fruit juices: apple, grape, white grape, lemonade (no pulp)

Clear broth, consommé

Clear flavored gelatin such as Jell-O