

THE UROLOGY GROUP

www.urologygroupvirginia.com

1860 Town Center Drive • Suite 150/160 • Reston, VA 20190 • 703-480-0220
19415 Deerfield Avenue • Suite 112 • Leesburg, VA 20176 • 703-724-1195
224-D Cornwall Street, NW • Suite 400 • Leesburg, VA 20176 • 703-443-6733
24430 Stone Springs Blvd • Suite 100B • Dulles, VA 20166 • 703-957-1022

BLADDER REMOVAL (CYSTECTOMY) 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. You may require an electrocardiogram (EKG) prior to your procedure. The EKG can be done with your primary care provider, cardiologist or at the hospital. **You are responsible for getting the EKG done prior to your procedure or your procedure may be cancelled. The EKG is typically valid for 6 months.**
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 days prior to surgery. This includes Advil, Nuprin, Motrin, Bufferin, or Anacin. **DO NOT TAKE** Vitamin E, multivitamin or fish oil seven days prior to surgery. These can all thin the blood. **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. Drink two ten ounce bottles of [Ensure Pre-Surgery Clear Nutrition Drink](#) (available on Amazon.com) or 16.9 ounces of Gatorade at 6 pm the evening prior to surgery. **NO SOLID FOOD AFTER MIDNIGHT.** You may continue to drink clear liquids up to two and one half hours before your surgery. See Clear Liquids on the next page.
6. Drink half a bottle (5 ounces) of magnesium citrate at 7pm the evening prior to surgery.
7. Drink one ten ounce bottle of [Ensure Pre-Surgery Clear Nutrition Drink](#) (available on Amazon.com) or ten ounces of Gatorade two hours and thirty minutes before surgery (four hours before surgery if diabetic). **NOTHING BY MOUTH FOR TWO HOURS PRIOR TO SURGERY.**
8. 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

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 Center

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, white grape, lemonade (no pulp)
Clear broth, consommé
Clear flavored gelatin eg Jell-O