

**Alexandria Location**

4660 Kenmore Ave, Suite 1120
Alexandria, VA 22304

tel: 703-680-2111
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2296 Opitz Blvd, Suite 350
Woodbridge, VA 22191

Alok Desai, M.D. Pratik Desai, M.D. Nilay Gandhi, M.D. John Klein M.D. Inderjit Singh M.D.

Radical/Partial Nephrectomy Pre Operative Instructions

THE MONTH PRIOR TO SURGERY

- **Schedule pre-operative testing with your primary care physician.**

This testing should be completed no sooner than four weeks prior to the date of surgery to ensure the results are current. Pre-operative testing generally consists of a chest X-ray, routine blood work, and an EKG.

THE WEEK LEADING UP TO SURGERY

- **STOP** taking any aspirin products, Motrin (ibuprofen), or related non-steroidal anti-inflammatory drugs. Aspirin and other pain medications (except Tylenol) interfere with normal blood clotting and this might result in increased bleeding at the time of surgery.
- **STOP** blood thinners like Coumadin/Warfarin, Lovenox, and/or Plavix **1 week prior** to surgery. You should ask the doctor who prescribed this medication, if it is okay to STOP taking this medication in light of your impending surgery. If your doctor does NOT allow you to discontinue taking these medications, please contact us.
- **Absolutely NO alcohol or alcoholic beverages 48 hours prior to surgery and 48 hours after surgery.**

THE DAY BEFORE SURGERY

- Follow a **CLEAR** liquid diet (See **Appendix 1**). Drink plenty of fluids and **AVOID** milk products.
- **At 5PM,** drink ONE bottle of **Magnesium Citrate** (purchase at pharmacy).
- After **MIDNIGHT** before surgery **DO NOT** eat or drink anything. This includes water, juice, coffee, chewing gum, lifesavers, and more.



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OTHER PRE-OPERATIVE INSTRUCTIONS

- Bring all medications currently prescribed to you in their labeled containers with you to the hospital.
- Leave non-essential valuables (such as watches, jewelry, cell phones) at home to reduce the chance of misplacing or losing them in the hospital.
- If you wear glasses, contact lenses, false teeth or related personal items, remember to bring a case to store them in during surgery.

If you have any questions about these instructions, including what you should and should not be taking and any other questions, please contact us. We recommend that you print these instructions out and keep them handy during the time leading up to your surgery. These instructions are given in your best interest and should be followed as carefully and closely as possible.

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APPENDIX 1

Clear Liquid Diet

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. **NO red or purple liquids should be consumed.**

Food Group	Food Allowed	Food to Avoid
Milk & Beverages	<ul style="list-style-type: none"> • Tea • Carbonated beverages • Fruit flavored drinks • Water 	<ul style="list-style-type: none"> • Milk & Milk drinks • Red or purple liquids • Creamer
Meats & Meat Substitutes	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • All
Vegetables	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • All
Fruits & Fruit Juices	<ul style="list-style-type: none"> • Strained fruit juices • Apple, white grape, lemonade 	<ul style="list-style-type: none"> • Unstrained fruit juices
Grains & Starches	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • All
Soups	<ul style="list-style-type: none"> • Clear broth • Consomme 	<ul style="list-style-type: none"> • All others
Desserts	<ul style="list-style-type: none"> • Clear flavored gelatin 	<ul style="list-style-type: none"> • All
Fats	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • All others
Miscellaneous	<ul style="list-style-type: none"> • Sugar, honey syrup, clear hard candy, salt 	<ul style="list-style-type: none"> • All

Breakfast

4oz white grape juice
6oz clear broth
Jell-O
Tea

Lunch

4oz apple juice
6oz clear broth
Jell-O
Tea

Dinner

4oz lemonade
6oz clear broth
Jell-O
Tea