



**Alexandria Location**

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## **Robotic Sacrocolpopexy Instructions**

### One day before surgery:

- Follow a **CLEAR** liquid diet only.
- **At 9 AM**, drink ONE bottle of Magnesium Citrate
- Drink plenty of fluids and **AVOID** dairy products
- **At 5 PM**, do a Fleets enema

**Do NOT eat or drink after MIDNIGHT the night prior to your surgery.**  
This includes water, juice, coffee, chewing gum, or lifesavers and more.

**NO alcoholic beverages 48 hours BEFORE and AFTER your surgery.**

### Other Preparations:

Leave jewelry and other valuables at home

If you wear glasses, contact lenses, or use false teeth/dentures, you **MUST** bring your case to store these items during your surgery.

Arrive **AS EARLY AS POSSIBLE**, in the event that other surgeries ahead of you finish early and/or cancel, your surgery may move up.

### **PURCHASE at the pharmacy:**

- **1 bottle Magnesium Citrate**
- **1 Fleets enema for adults (white and green box)**