

Instructions for Retroperitoneal Lymph Node Dissection Patients

1. 2 Days Before Surgery: Patient May Eat Breakfast Before 9am. Everything after should be a clear liquid diet.
2. Drink plenty of fluids (again, clear liquids), especially the day before surgery.
3. AT 3 PM the day before surgery: Drink TWO 10-OZ bottle of magnesium citrate (can be purchased in pharmacy over-the-counter). Tastes best refrigerated.
4. Take 1 Tablespoon of Mineral Oil at bedtime the night before surgery.
5. Fleet's Enema – take one the night before surgery and one the morning of surgery (2 enemas).
6. Nothing to eat or drink after midnight the night before surgery.
7. Discontinue any aspirin, Coumadin or anti-inflammatory medications 7 days before surgery. Also, discontinue any vitamin or herbal preparations 7 days before surgery (Tylenol is OK).
8. If you take blood pressure medications in the morning, please take them with a very small sip of water the morning of your surgery.
9. If you are a diabetic, please check with your doctor regarding your diabetes medication, as you will be on a clear liquid diet for 2 days.