

# Saturation Biopsy Instructions

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## PRIOR TO YOUR SATURATION BIOPSY

- **You must call your physician and find out when to stop the following medications: Plavix, Coumadin, Trental, Xarelto or any other prescription blood thinners.**
- All blood thinners must be stopped one week prior to the procedure.
- Do not consume alcohol for 72 hours prior to the biopsy.
- Abstain from sexual activity for 72 hours prior to the biopsy.

## Two weeks before your surgery

- No Aspirin, Ecotrin, Advil, Aleve, Ibuprofen, Mobic or Celebrex.
- No herbal or vitamin supplements
- You may take Tylenol if needed.

## Day Before Surgery

- Clear liquid diet all day – **NO SOLID FOODS AT ALL**
- At 2pm drink the entire bottle of Magnesium Citrate (10oz). This is a laxative available at any pharmacy. Disregard the instructions on the bottle, drink the entire bottle instead. Continue to drink clear liquids throughout the entire day and evening so you do not get dehydrated.
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT**
- **DO NOT** apply lotion, oil, powder, to your skin but you may use deodorant.

## Day of Surgery

- **DO NOT EAT OR DRINK ANYTHING UNTIL AFTER YOUR SURGERY**
- **YOU WILL NEED TO HAVE AN ADULT DRIVE YOU HOME** – you are having general anesthesia
- Give yourself a fleet enema 2 hours before your appointment. Fleet enemas may be purchased at any pharmacy.

## Medications

- Diabetics – hold all insulin/ diabetic medications day of your procedure
- All other patients – only take medications approved by the pre-op RN during the pre-op phone call.

If you have any questions regarding your procedure preparations or medications, please call our center at (224)612-7000.

## **ADDRESS OF THE CENTER**

**UroPartners Surgery Center**

**2750 S. River Rd.**

**Des Plaines, IL 60018**