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PRE-OPERATIVE CRYOABLATION INSTRUCTIONS

1. **IMPORTANT: DO NOT EAT OR DRINK ANYTHING, INCLUDING WATER, AFTER MIDNIGHT ON THE DAY BEFORE YOUR SURGERY!!!** (Except for a sip of water with your medications or if instructed otherwise).
2. You must have someone to drive you to and from the hospital the day of your surgery.
3. Stop taking aspirin, ibuprofen, or NSAIDS 7 (SEVEN) days prior to your procedure. These drugs affect platelet function and may prolong bleeding time, making you more likely to develop bruising and bleeding in the urine.
4. If you are taking COUMADIN, you must stop this at least 5 days prior to the procedure and you must have your protime checked prior to the procedure. Be sure to discuss this with Dr. Lotenfoe since an abnormally prolonged protime will definitely cause your surgery to be postponed.
5. If you are on INSULIN, use only ½ (one half) of your usual dose in the morning (unless otherwise instructed).
6. If you have an artificial heart valve, valvular heart disease, a pacemaker or an artificial orthopedic joint, please notify Dr. Lotenfoe so preventive antibiotics can be given.
7. On the day before the procedure, start on a clear liquid diet from lunch onward. Examples of clear liquids are water, coffee, tea, fruit juices, broth, jello, soda pop.
8. The day before your procedure at 12:00 PM (noon), drink one bottle of magnesium citrate.
9. On the day of the procedure, administer a Fleet Enema, and empty your bowels one hour before leaving home on the morning of the procedure. (Both magnesium citrate and Fleets Enemas can be obtained over-the-counter from the drug store).
10. You will need to have someone to drive you to and from your surgery.
11. Bring your medications or a list of your current medications to the hospital.
12. Wear comfortable clothing. You may want to bring robe and slippers. Jewelry and other valuables, including watches should be left at home.
13. Notify Dr. Lotenfoe if you develop a cold or other acute illness, or are exposed to a communicable disease prior to the surgery date.
14. If you have any questions or for any reason will NOT be able to make the appointment please call Dr. Lotenfoe's office at 407-566-1105.

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