

Goldwasser Urogynecology
Steven Goldwasser, M.D.
office 904-533-6683

PREOPERATIVE INSTRUCTIONS

1. Do not eat or drink anything after midnight, unless told otherwise by your doctor or anesthesia provider. If you are diabetic, please let your doctor know so that your medications may be adjusted.
2. **Please let your doctor know if you take Coumadin, Plavix, Eliquis, Aspirin, Motrin (ibuprofen), Naproxen, Vitamin E, Fish Oil, BLOOD THINNERS, or other medications for arthritis or pain.** You will be instructed to stop these medications **3-7 DAYS** before your day of surgery. **TYLENOL is OK.** Please do not stop any other medications without discussing it with your doctor.
If you are on GLP-1 medications such as OZEMPIC – you will need to stop it **7 days** before surgery
4. It is possible after this type of surgery to have difficulty emptying your bladder all the way. You may be sent home with a catheter and instructions on how to use it. This is normal - do not worry. Most catheters come out within a few days of surgery.
5. You **WILL WILL NOT** need a "bowel prep"

Bowel Prep Instructions:

The following bowel preparation will help clean your bowel prior to surgery. It will help make your surgery easier and reduce the chance of bowel injury. This step before surgery may lessen postoperative nausea and vomiting. This will hopefully make your recovery time shorter and more comfortable.

1. **LIQUID** diet **1 day before surgery.** These include juices, water, Jello, and broth. Drink LOTS of liquids. If you are a diabetic, please inform your doctor before doing this.
2. **Miralax / Gatorade Bowel Prep** – see additional detailed instructions
3. Nothing to eat or drink after **8 HOURS before surgery (Baptist Hospital has a 2 hr protocol).** Daily medications may be taken the morning of surgery with a **sip** of water. Consult your doctor for details.

SURGERY SCHEDULING questions to Hailey:
She will contact you within 30 days with an update

Contact info for Hailey Email: **officeJaxurogyn@gmail.com**
Email for Dr. Goldwasser: **Jaxurogyn@gmail.com**

Overnight stay / Outpatient
procedure time approx: