# About Your Prostate Surgery: Checklist

Read *About Your Prostate Surgery* (www.msk.org/pe/prostate-surgery) to learn more.

## What to do the day before your surgery

- ☐ Follow a light diet. A light diet includes things such as a small sandwich, eggs, toast, crackers, or soup.
- ☐ Drink 8 (8 ounce) cups of water.

### At night:

- ☐ Shower with a 4% CHG skin cleanser, such as Hibiclens®. Avoid your face and genitals.
- ☐ Give yourself a saline enema, such as a Fleet® saline enema.
- ☐ **Stop eating at midnight.** If your healthcare provider tells you to stop eating earlier, follow their instructions.

**Important:** If you take a GLP-1 medicine, do not follow these eating and drinking instructions.

Instead, follow the instructions in *Eating and Drinking Before Your Surgery or Procedure When Taking GLP-1 Medicines* (www.msk.org/pe/eat-drink-glp1).

## What to do the day of your surgery

- ☐ **Between midnight and 2 hours before your arrival time, only drink the liquids listed below.** Do not eat or drink anything else.
  - Water.
  - Clear apple juice, clear grape juice, or clear cranberry juice.
  - Gatorade or Powerade.
  - Black coffee or plain tea. It's OK to add sugar. Do not add anything else.
    - Do not add any amount of any type of milk or creamer. This includes plant-based milks and creamers.
    - Do not add flavored syrup.

  **Stop drinking 2 hours before your arrival time.** This includes water.
  If your healthcare provider tells you to stop drinking earlier, follow their instructions.
- ☐ Shower with a 4% CHG solution skin cleanser. Avoid your face and genital area.
- ☐ Wear loose pants, brief-style underwear, and sneakers that lace up.
- ☐ Leave your valuable items at home.
- ☐ If you wear contacts, wear your glasses instead.
- ☐ Take only the medicines your care team told you to take.

## What to do at home after surgery

- ☐ Follow a light diet until you have your first bowel movement (poop).
- ☐ Drink 8 (8 ounce) cups of liquids every day.
- ☐ Shower 24 hours after your surgery.
- ☐ Walk around every 2 hours while you're awake. Try to walk a total of 4 to 5 miles daily.

## Caring for yourself

- **Incisions (surgical cuts):** Clean your incisions with soap and water every day. You may have some blood or fluid coming from your incisions. Change your bandages every day until there's no more drainage.
- **Abdominal (belly) and shoulder pain:** You may have pain in your abdomen and shoulder. If you do, walk around every 2 hours to reduce the pain.
- **Catheter:** You may have blood in your urine (pee) and some blood or urine leaking from the tip of your penis. Keep the tip of your penis clean and dry. Apply lubricating gel to prevent irritation.
- **Swelling and bruising:** Your penis and scrotum will be swollen and bruised. Raise your scrotum on a rolled towel when you're sitting or lying down. Wear brief-style underwear instead of boxers.
- **Constipation:** Take a stool softener every 8 hours with a glass of water until your bowel movements are normal. If you're passing gas and haven't had a bowel movement by the second night you're home, take MiraLAX®.

## Fill out your Recovery Tracker

Remember to fill out your Recovery Tracker everyday by logging into your MSK MyChart account (our patient portal). Your healthcare team will review your responses to make sure your recovery is going as expected.

## Contact information

If you have any questions or concerns, talk with a member of your healthcare team. You can reach them Monday through Friday from 9 a.m. to 5 p.m. at _____.

After 5 p.m., during the weekend, and on holidays, call_____. If there's no number listed, or you're not sure, call 212-639-2000.

Memorial Sloan Kettering Cancer Center

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