



# What To Do the Day Before Your Urology Surgery

## Information for Patients

UHN

1. You will need to buy a Fleet enema at a pharmacy before your operation.
2. Take the fleet enema on the evening before surgery. Follow the instructions on the box.
3. DO NOT eat for the full day before your surgery.
4. Drink **clear fluids only** for the whole day. **NO solid foods or milk products.**

Some examples of clear fluids that you can drink are:

- ✓ Apple juice
- ✓ Orange juice (without pulp)
- ✓ Grape juice
- ✓ Cranberry juice
- ✓ Lemon-aide
- ✓ Beef or chicken broth (no noodles or vegetables)
- ✓ Jello or popsicles
- ✓ Pop (i.e. ginger ale, 7-Up, or coke)
- ✓ Water
- ✓ Coffee or Tea

\*Drinking warm fluids may help you feel less hungry.

5. **REMEMBER:** nothing to eat or drink for at least 7 or 8 hours before your surgery.

Please visit the UHN Patient Education website for more health information: [www.uhnpatienteducation.ca](http://www.uhnpatienteducation.ca)

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