

# What to do the Day Before Your Urology Surgery

## Information for patients

1. Buy a Fleet enema at a pharmacy before your surgery.
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 only clear fluids 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)
- ✓ Jell-o or Popsicles
- ✓ pop (such as ginger ale, 7-Up, or Coke)
- ✓ water
- ✓ coffee or tea

Drinking warm fluids may help you feel less hungry.

**Important:** Do NOT eat or drink for at least 7 or 8 hours before your surgery.

The University Health Network does not recommend one brand over another and is not responsible for any products listed. Please contact each company directly to find out more about their products.

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Form: D-5232 | Author: Leah Jamnicky RN, Division of Urology | Reviewed: 2022



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