



## **Pre Op Instructions for Hysterectomy**

- 1. Starting on Sunday prior to your surgery, do not eat anything heavy such as steak, or fried foods. No gassy foods such as greens, leafy vegetables, or dried beans.**
- 2. No alcoholic beverages for 4 to 5 days prior to surgery.**
- 3. On Monday night prior to your surgery, drink 1/2 bottle of Citrate of Magnesium. Drink the remaining 1/2 bottle of Citrate of Magnesium on Tuesday morning.**
- 4. You are to have NOTHING to eat or drink after MIDNIGHT the night before your surgery. This includes hard candy, water and gum. You may brush your teeth but do NOT swallow any water.**
- 5. If you take blood pressure medicines, you are to take ONLY these medicines the morning of your surgery with a tiny sip of water.**
- 6. Do not have sex for 4 to 5 days prior to your surgery.**

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