



Instructions before a Nephrectomy

1. Starting the day before surgery: Patient may eat breakfast before 9am. Clear liquid diet is to be followed throughout the day.
2. **At 3pm the day before surgery:** Drink 1 10oz bottle of magnesium citrate (Can be purchased in the pharmacy over-the-counter.)
3. **Nothing to eat or drink after midnight the night before surgery.**
4. Discontinue any aspirin, Coumadin or anti-inflammatory medication 7 days before surgery. Also, discontinue any vitamin or herbal preparations 7 days before surgery (Tylenol is OK).
5. If you take blood pressure medications in the morning, please take them with a very small sip of water the morning of your surgery.