

## PRE-VAGINOPLASTY INSTRUCTIONS

### Purchase Vaginal Dilators

- Vaginal dilators are available for purchase online.
  - **We require our patients to use SoulSource dilators and to buy the intermediate set**
- <https://www.soulsource.com/collections/grs-vaginal-trainers/products/soul-source-grs-vaginal-trainers-intermediate-set>
- You should purchase a vaginal dilation set prior to your surgery so you are able to begin dilating as soon as cleared by the plastic surgeon.
- Bring your dilators with you to your first post-op appointment so you can begin dilation with Dr. Ramineni in the office.

### Stop Hormone Therapy

- Please stop all hormone therapy two weeks prior to surgery.
- Failure to do so can put you at high risk for blood clots during and after surgery and may result in cancellation of the procedure
- You can restart your estrogen 2 weeks after the procedure.

### Bowel Prep

- No solid food the day before surgery – clear liquids only.
  - Clear liquid diet includes: coffee and tea without milk or non-dairy creamer, clear/nonfat broths, strained/pulp free fruit and vegetable juices, clear nutritional drinks, pulp free popsicles, jell-o
- Please take 8-10 ounces of magnesium citrate in the morning the day before surgery. Magnesium citrate is available over-the-counter at most pharmacies. Continue to drink clear liquids to avoid dehydration.
  - We are aware of the national shortage of Magnesium Citrate. The best alternative is Golytely. They should have this over the counter at the pharmacy, follow the instructions on the bottle. If they don't, the best alternative is to use an entire bottle of miralax powder mixed with 64 ounces of Gatorade - drink 8 ounces every 30 minutes until finished.

- You may not have anything to eat or drink after midnight the day of surgery.

**Day of Surgery**

- You must arrive at the hospital and check-in to admitting (1<sup>st</sup> floor of GW Hospital) at least two hours prior to the scheduled time of your procedure. Any delay could result in cancelling the procedure.

**For Medical Questions, Please contact:**

- Katie Leemaster PA-C at [katie@districtps.com](mailto:katie@districtps.com) or Dr. Praful Ramineni at [doc@districtps.com](mailto:doc@districtps.com)
- (202) 742-3999, Monday - Friday, 8 a.m. - 5 p.m.