

Pre-Operative Bowel Preparation Instructions

You are scheduled to undergo an operation in which emptying the bowels is important in order to decrease the chance that you will have any complications from your surgery.

The best way to clean out your intestine is to use the following "Bowel Prep":

- Beginning 24 hours (1 day) before your surgery, you should only eat and drink "clear liquids". This includes water, fruit juices that don't have any pulp (apple, grape, cranberry, etc.), Jell-O, sorbets, and broth soups (with no solid material in it). Clear liquids also include hard candies like lifesavers. Do not consume dairy products. Continue any prescription medications unless specifically informed not to by your doctor.
- The day before our surgery, you will need to take medication to help with this preoperative bowel preparation. Only one medication, Reglan, will require a prescription. The two bottles (10 ounces each) of Magnesium Citrate are sold over the counter. These medications will help stimulate your intestine, so you may want to make sure that you are in a familiar environment with ready access to a bathroom.

On the day before surgery, please take the medication in the following order:

- 3:00 pm drink one of the 10 ounce bottles of Magnesium Citrate
- 7:00 pm drink the other 10 ounce bottle of Magnesium Citrate
- Take a nice warm shower or bath right before you go to bed.

You shouldn't have anything to eat or drink after midnight the night before your surgery. *If your doctor, or our Preoperative Evaluation Department says it is ok, you may take your morning medications with a small sip of water.*

If you have any questions about the "Bowel Prep", please contact us.