

Pre-operative Bowel Preparation

Supplies

You will need to purchase the following items from your pharmacy. They can usually order and get the items listed below in 1-2 days if they do not have them in stock.

- **Magnesium Citrate Oral Solution, 10 oz.**

*If possible, take the Magnesium Citrate 24 hours prior to your scheduled surgery time. If you are finishing your pre-operative visits at this time, start your Magnesium Citrate as soon as you get home (or back to the hotel). If you prefer, you can mix the Magnesium Citrate with fruit drink or soda.



- **Fleets enema**



- **Dulcolax tablets (bisacodyl tablets)**

Instructions:

Two days before your surgery stop eating the following types of food:

fruit	peas
red meat	dairy
coarse cereal	nuts
beans	fried food

On the day before your surgery:

1. Take the magnesium citrate 24 hours prior to your surgical time.
2. STOP eating solid food AFTER LUNCH and drink only clear liquids. Do not eat, drink, smoke or chew gum after midnight.
3. Clear liquids that are OK are:
 - Water (drink as much water as possible throughout the day)
 - Sports Drinks (not colored red or purple)
 - apple or white grape juice
 - cola/sprite/ginger ale
 - Jell-O (not colored red or purple)
 - black tea or coffee
 - popsicles (not colored red or purple)
 - clear broth
4. Take two dulcolax tablets the day before your surgery.
5. Use one fleets enema the day before surgery.