

PREPARING FOR SURGERY

Bowel PREP

Standard bowel prep:

- The day before surgery, you may take in **only** clear liquids. **No solid food should be eaten.** For examples of clear liquids, click here (clear_liquid_diet.doc).
- **At noon the day before surgery**, drink ½ bottle of magnesium citrate as directed. Then, drink the second ½ of the bottle at **6 p.m.**
- **Take nothing by mouth after midnight**

Alternative bowel prep:

- The day before surgery, you may take in **only** clear liquids. **No solid food should be eaten.** For examples of clear liquids, click here (clear_liquid_diet.doc).
- **In the morning the day before surgery**, prepare golytely solution as directed and let it chill in the refrigerator until noon. Beginning at noon, drink 8 oz of solution quickly about **every 10 minutes**. Continue solution until stool contents are watery and free of any solid material (**usually 3 liters**).
- **Before bedtime-** give yourself 2 fleet enemas, available over the counter
- **Take nothing by mouth after midnight**

Your doctor will inform you which bowel prep to follow