



## Bowel Preparation Instructions

Bowel preparation is necessary prior to some surgeries to completely empty out the entire length of your intestine. Complications can occur with an inadequate bowel preparation, so please make sure to comply with the following directions:

### Purchase Prior to Surgery:

1. Bottle of Magnesium Citrate (8-10 oz size, you can get this at any pharmacy)
2. At 12:00 pm, the day before your surgery, drink  $\frac{1}{2}$  of the bottle with  $\frac{1}{2}$  bottle of Gatorade.
3. At 6:00 pm, drink the other  $\frac{1}{2}$  of each bottle

### Day Before Surgery

#### HAVE **ONLY** CLEAR LIQUIDS FOR DINNER

(Clear liquids include all of the following (but may not be red or purple in color) :

- Water
- Clear broth
- Gatorade, clear or yellow
- Popsicles
- Jell-O without fruit
- Clear juices, apple or white grape

### Day of Surgery:

Have **NOTHING TO EAT OR DRINK AFTER MIDNIGHT** the night before your surgery.

*SPECIALIZING IN OBSTETRICS, GYNECOLOGY AND INFERTILITY*

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