

PRE-OPERATIVE BOWEL PREPARATION

Dear Valued Patient,

Your surgery requires a bowel prep to cleanse your bowel of all solid material. Follow the instructions below. Proper bowel preparation will reduce the risk of injury to the bowel during surgery.

A few days prior to surgery:

Stock up on your favorite CLEAR beverages-(see attached list). We suggest Apple Juice, White Cranberry Juice, Ginger Ale, Chicken Bouillon and Clear Gatorade.

You will also need to purchase 2 bottles of Magnesium Citrate (10 ounces each) and 2 Bisacodyl tablets (5mg each tablet) laxatives from your local grocery store or pharmacy.

One day prior to surgery:

Your bowel prep begins the day before your surgery. You can have light solid foods early on the day before your surgery, but once you've started the bowel prep you can only have clear liquids. Refer to the attached list of acceptable clear liquids. We also recommend that if you do eat solid foods before your prep that you eat lightly. Ex. Toast, yogurt, fruit, soup etc...

OPTION 1 (12pm & 4pm) – If you will be home the day before your surgery start bowel prep:

At 12 Noon

- Drink one 10oz bottle of Magnesium Citrate. This can be swallowed alone or mixed with a clear liquid of your choice.
- Continue to drink at least 8 ounces of clear liquid each hour.

At 4 pm

- Drink the second bottle of Magnesium Citrate (10oz bottle) AND take 2 Bisacodyl Tablets.
- Continue to drink at least 8 ounces of clear liquid each hour until retiring for sleep.

OPTION 2 (4pm & 8pm) – If you are working or unable to be home the day before your surgery start bowel prep:

At 4 pm

- Drink one 10oz bottle of Magnesium Citrate. This can be swallowed alone or mixed with a clear liquid of your choice.
- Continue to drink at least 8 ounces of clear liquid each hour.

At 8 pm

- Drink the second bottle of Magnesium Citrate (10oz bottle) AND take 2 Bisacodyl Tablets.
- Continue to drink at least 8 ounces of clear liquids each hour until retiring for sleep.

We would like you to have at least 10 -8 ounce glasses of clear liquid from the time you start the bowel prep until you go to sleep.

YOU MAY DRINK CLEAR LIQUIDS UP UNTIL 8 HOURS PRIOR TO YOUR SCHEDULED SURGERY TIME.

You will notice an increase in watery bowel movements throughout the day. If this does not occur by the completion of the second dose of Magnesium Citrate, you may take a Fleet™ Enema or Milk of Magnesia to completely clear your bowels.

Because you are drinking an increase in clear liquids during the bowel prep experience you may notice that your urine is a light clear yellow color.

Note: The later you start your bowel prep, the later you'll be awake with bowel movements.

Clear Liquid Diet

These items are allowed during your bowel prep up until 4 hours before surgery:

- Water
- Clear Broths (chicken or beef)
- Juices (apple or cider)
- White Grape Juice
- Clear Soda
- Tea (no milk, creamer, or honey)
- Coffee (no milk or creamer)
- Jell-O (without fruit/no red jell-o)
- Popsicles (without fruit/cream)
- Italian Ice (no red)
- Clear Gatorade
- Spices and Seasonings such as Salt, Pepper, Sugar and Sugar Substitutes may be used.

These items are NOT allowed:

- Milk
- Cream
- Milkshakes
- Orange Juice
- Tomato Juice
- Creamy Soups or any soup other than clear broth
- Solid Foods



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