

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, 16 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.

- **Two (2) Fleets enemas**



Instructions:

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

fruit	peas	red meat
coarse cereal	nuts	dairy
beans	fried food	

