

## 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	

## **Brownstein & Crane Surgical Services**

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### **On the day before your surgery:**

1. Please take the magnesium citrate the morning prior to your surgery. You can mix this with 7up or sprite to make it taste better. You should drink 1-2 glasses water after drinking the magnesium citrate and the laxative effect should begin within 1-4 hours. You should stay near a restroom during this time.
2. STOP eating solid food 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
  - Jell-O (not colored red or purple) black tea or coffee ginger ale
  - popsicles (not colored red or purple) sprite/7UP clear broth)
4. Use one of the fleets enemas on the night prior to your surgery.
5. Use one of the fleets enemas upon awakening on the morning of your surgery.