



BOWEL PREP FOR SURGERY

PURPOSE

The following protocol allows your surgeon to have decompressed bowel during your surgery. It can make the surgery technically easier. Please be aggressive with the liquids since you can easily become dehydrated.

The following are two protocols for bowel preparations prior to surgery. During your pre-operative visit, you will be instructed which one to follow. If you are unsure, use the first protocol.

DAY BEFORE SURGERY

1. Magnesium citrate/ Fleets protocol

Obtain several bottles of Fleets™ Enema (A saline laxative) over-the-counter from your pharmacy. The Fleets™ Enema (glycerin suppository) is ok to use but slightly more expensive. Number of bottles will vary between patients to patient but two will probably suffice.

Also obtain 1 Magnesium citrate 10 oz. bottle over-the-counter.

Generic pharmacy brands are equivalent and can be used as well.

If you have impaired renal function, pre-existing electrolyte disturbance or are on a diuretic, please consult your MD. You may not be a candidate for this protocol.

Clear liquid diet only, i.e. tea, coffee, pulp-free or strained fruit juice, Jell-O, broth/bullions, Popsicles for breakfast, lunch and dinner. No solid foods.

In the morning, take orally 1 bottle of magnesium citrate. Will have a bowel movement within several hours.

Administer Fleets™ enema, as directed on packaging in the afternoon. Enema should be administered rectally. Repeat on the morning (around 6 am) of the surgery if stools are not clear.

Do not eat or drink after midnight.