



Bowel Preparation Before Your Spinal Surgery

Steps to follow

Follow these steps to
prepare your bowel for
surgery.

1. Stop taking aspirin or other pain or arthritis medicines on _____ . Also stop taking medicines such as ibuprofen (Advil, Motrin), naproxen (Aleve, Naprosyn), Indocin, Clinoril, Vioxx, and Celebrex. Ask your doctor if you are not sure if you should stop a medicine you take. It is OK to use acetaminophen (Tylenol).
2. Do **not** use any products that contain nicotine for 30 days before surgery. This includes cigarettes, cigars, pipe smoking, chewing tobacco, nicotine patches, or nicotine gum.
3. Do **not** take nutritional supplements that contain ginkgo, ginseng, St. John's wort, vitamin E, garlic, fish oil, or omega-3 fatty acids. These may increase your risk of bleeding. Talk with your doctor if you are not sure if you should stop a nutritional supplement you are taking.
4. Take your other medicines as usual.
5. If you take warfarin (Coumadin), stop taking it on _____ .
6. On the morning of the day before your surgery, drink a bottle of Mag Citrate. You can buy this laxative at a drug store without a prescription.
7. After you take the Mag Citrate, drink at least 6 glasses of clear liquids (such as water or clear juices like apple or white grape juice). Do **not** drink orange juice or red juices. The laxative will cause diarrhea. Drinking plenty of liquids will keep you from getting dehydrated.

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

Bone and Joint Clinic
Box 354740

4245 Roosevelt Way N.E. Seattle, WA 98105-6920
206-598-4288

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Bone and Joint Clinic: 206-598-4288