

Patient Education

Surgical Specialties Center



How to Prepare Your Bowel for Surgery

1-day, Mg Citrate

Please buy one 16-ounce bottle of Mg Citrate laxative at a pharmacy. You do not need a prescription for this.

Your surgery is scheduled for:

Day: _____ Date: _____ Time: _____ a.m./p.m.

Doctor: _____

You must clean out your colon before your surgery. If stool remains inside your colon at the time of your surgery, your risk of having an infection is much higher.

Please Follow These Instructions

For 1 week before your surgery:

- **Do NOT take aspirin or other products that affect blood clotting.** These include but are not limited to Bufferin, Anacin, Advil, Motrin, Nuprin, Ibuprofen, Indocin, Naprosyn, Feldene, Clinoril, Voltaren, and Ecotrin. You may take Tylenol during this time.

The day before your surgery, on _____ (date):

- **Do not eat solid foods.** You may have as much clear liquid as you like. Drink liquids such as fruit juice without pulp, apple juice, white grape juice, cranberry juice, flavored drinks (carbonated or non-carbonated), clear broth or bouillon cubes dissolved in hot water, consommé, Jell-O, Gatorade, coffee and tea with no milk or cream, Kool-Aid, Snapple, and popsicles. Also drink a lot of water during your bowel prep to keep from getting dehydrated.

Please Note: Do not eat red Jell-O. The red food coloring may look like blood in your bowel movements.

Questions?

Weekdays from 8 a.m. to 4 p.m., call the Surgical Specialties Nurse Advice Line at 206-598-4549.

After hours and on weekends and holidays, call 206-598-6190 and ask for the resident on call for Surgery to be paged.

Or, ask for your doctor to be paged:

Dr. _____

- If you are taking blood pressure or heart prescription medicines, keep taking them according to your doctor's prescription.
- At _____ (a.m./p.m.), drink the Mg Citrate laxative.
- Drink plenty of allowed clear liquids until bedtime.
- Take **nothing** by mouth after midnight, including allowed liquids.

Remember:

Until midnight before the day of your surgery, drink large amounts of water or other clear liquids. This will keep you from getting dehydrated from your frequent bowel movements.

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