


PRE-SURGERY BOWEL PREP INSTRUCTIONS

THE DAY BEFORE SURGERY

1. Your last full meal should be breakfast or lunch, and have only clear liquids for the rest of the day (juices, broth, water, etc.).
2. If stool becomes clear before completing prep, you may stop. Drink plenty of water until the midnight prior to your surgery.

BOWEL PREP OPTIONS	PURCHASE <u>ONE</u> OF THE FOLLOWING AT YOUR LOCAL PHARMACY AT LEAST ONE WEEK PRIOR TO YOUR SURGERY DATE.	FOLLOW THE INSTRUCTIONS BELOW THAT CORRESPOND WITH A, B OR C. 
A →	2 BOTTLES OF MAGNESIUM CITRATE (200ML BOTTLE)	1. START AT 4PM. (YOU CAN MIX MAGNESIUM CITRATE WITH PULP FREE ORANGE JUICE OR FLAVORED DRINK MIX E.G. CRYSTAL LIGHT, POUR OVER ICE, AND SIP WITH STRAW).
B →	4 DULCOLAX LAXATIVE PILLS (NOT STOOL SOFTENERS) WITH 1 BOTTLE OF MIRA LAX (8.3oz) AND 64OZ BOTTLE OF GATORADE	1. AT 4PM, TAKE THE 4 LAXATIVE PILLS. 2. AT 5PM, MIX MIRA LAX WITH GATORADE AND DRINK. IT IS OKAY TO POUR OVER ICE, AND SIP WITH A STRAW.
C →	1 TO 2 FLEET ENEMAS	1. PERFORM 1 TO 2 FLEET ENEMAS BEFORE BEDTIME, IF a) A OR B DOES NOT RESULT IN LOOSE, WATERY STOOL, OR b) YOU ARE UNABLE TO TOLERATE DRINKING THEM.

THE DAY OF SURGERY

1. **Do not eat or drink anything after midnight the day prior to your surgery** unless otherwise instructed by your Pre-Assessment Nurse or Anesthesiologist; including water, hard candy, mints, gum or coffee.
2. **Ask the Assessment Nurse if it is ok to take your medications the morning of your surgery with a sip of water** during your Pre-Surgery Health Assessment Department phone call to be completed 7 – 14 days prior to your surgery.

Your cooperation with the above is extremely important to reduce the risk of your surgery being cancelled.