

## Bowel Preparation Instructions

### Magnesium Citrate Prep for Surgery

#### Purchase from the Pharmacy -

Three (10 oz.) bottles of Magnesium Citrate, available without prescription.

#### Preparation and Reminders -

- Stop taking Plavix and Aspirin 7 days prior to the surgery.
- Stop taking Coumadin/Warfarin 5 days prior to the surgery (notify your prescribing doctor).
- Three days prior to the procedure, start a low fiber diet (do not eat raw fruits and vegetables, fruit juices with pulp, nuts, seeds or popcorn).

#### Day Before Your Surgery -

- You will need to drink clear liquids for breakfast, lunch and dinner. Please do not eat or drink solid, or liquids containing dairy products.
- At 3 pm, drink one and a half bottles and at least three glasses of clear liquids before second dose.
- At 9 pm, begin the second dose by drinking the remaining one and a half bottles. Drink at least three glasses of clear liquids. Initially, you may experience some symptoms of cramping and bloating, but these symptoms will subside as you continue to have bowel movements.
- After midnight: No food or drink until the surgery is completed.

#### Before the Surgery, Notify Us If -

- You were unable to complete the magnesium citrate prep. We may need to reschedule your procedure.

### Clear Liquid Food List

Food Group	Recommended	Avoid
Milk & Dairy Products	None	All
Vegetables	None	All
Fruits	Fruit juice without pulp	All (No red grape juice or red dye products)
Breads & Grains	None	All
Meat & Meat Substitutes	None	All
Desserts & Sweets	Gelatin, Fruit Ice, Popsicles without pulp, Clear Hard Candy	All Others (No red dye products)
Fats & Oils	None	All
Beverages	Black Coffee, Tea, Soft Drinks Water, Sports Drinks, Lactose-Free, Low Residue Supplements such as Resource or Boost Breeze	All Others (No red dye products)
Soups	Bouillon, Broths	All Others