

## Bowel Prep Patient Sheet

The majority of surgical procedures we perform that need bowel preps will use the *Magnesium Citrate Bowel prep*. Under special circumstances we may request that you use the *Golytely Bowel prep*. Please check with your doctor first to confirm which bowel prep you will need.

### **Magnesium Citrate Bowel Prep (to be started the day prior to surgery):**

You will need two bottles of Mg Citrate (can buy from any pharmacy)

1. Eat breakfast as you usually do—no restrictions
2. 9am: drink half of a bottle of Mg citrate. Drink remainder of bottle approx. 1 ½ to 2 hours later. If you wish, you may drink the entire bottle at one time.
3. For lunch: eat a clear liquid diet (see below)
4. For dinner: eat a clear liquid diet
5. After midnight: do not drink or eat anything unless told otherwise.

Note: You will begin using the toilet approx. 6 hours after starting the mg citrate. The goal is to clean out the bulk of stool in your colon. If you notice that you still have bulky stools by late afternoon, you will need to drink the second bottle of mg citrate and proceed to step 6. If you notice that your stool is thin and even watery, then you do not need to drink the second bottle of mg citrate (i.e. do not proceed to step 6).

6. Before dinner: drink half of second bottle of mg citrate. Drink remainder of bottle approx. 1 ½ to 2 hours later. If you wish, you can drink the entire bottle at one time.

It is important to drink lots of clear fluids (water, clear juices, etc.) between all meals to keep yourself well hydrated.

### **Golytely Bowel Prep (to be started the day prior to surgery):**

1. Eat breakfast as you usually do—no restrictions. Reconstitute the golytely as per directions. Use very cold water and place container in refrigerator.
2. For lunch: eat a clear liquid diet ( see below)
3. 1 to 2 pm: Take first reglan pill before starting the golytely. Begin drinking the golytely. Drink 8 ounces every 10 minutes until finished. The goal is to completely finish the golytely within 2 hours.
4. For dinner: eat a clear liquid diet.
5. 9 to 10 pm: Take second reglan pill.
6. After midnight: do not drink or eat anything unless told otherwise.

Note: You will begin using the toilet in the early afternoon or after dinner. The goal is to completely empty your bowels prior to surgery. Your bowels will eventually become watery and possibly clear like water. This is normal.

The regimen is to prevent nausea.

Golytely tastes better if ice cold. You may drink this with ice. You can reconstitute golytely in a milk gallon jug. It is important that you drink all of the golytely.

Drink lots of clear fluids (water, clear juices) between all of your meals. It is important to keep yourself well hydrated.

## **Clear Liquid Diet**

### **What is a Clear Liquid Diet?**

A clear liquid diet consists of clear juices and broths that have no particulate matter or solid substances. Examples of foods that one can eat:

- Apple Juice
- Cranberry juice
- Chicken broth
- Beef broth
- Tea
- Coffee without cream
- Popsicles
- Jell-O
- Water

Foods that you cannot eat:

- Milk or other dairy products
- Orange juice
- Coffee with cream
- Any solid food
- Soups with noodles, meats or vegetables
- Tomato juice