SOUTH COAST
UROGYNECOLOGY

ONE DAY BOWEL PREP

Purchase from any pharmacy: (1) 10 oz. bottles Magnesium Citrate
(1) Fleets Enema

DAY 1

DIET: Clear liquids (broth, water, juice, Jell-O, Gatorade). Coffee, tea, 7-up, apple or cranberry juice, diet sodas are ok. Sugar substitute is OK. NO red wine. NO dairy products, slim fast or protein shakes.

Rx: Drink ten ounce of Magnesium Citrate in the morning. * You must drink the full 10-oz.

Use the fleet enema twice between 3 and 4 in the afternoon- First use the ready-to- use Fleet enema and then after about 15 minutes, fill the bottle with warm tap water and repeat.

DAY 2

This is the day of your surgery. You should have nothing by mouth (including water!) from midnight the night prior to surgery until after your surgery when the doctor says you may again eat and drink the appropriate diet.

Please remember to take any and all prescription medication while you are doing this bowel prep. On the Morning of your surgery you should take your medication with sips of water only.

Do not take any aspirin containing medications for at least 2 weeks prior to your surgery. If you are taking coumadin, please speak with your physician.

If you need to to take something for headaches, Tylenol is OK.