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**BOWEL PREP INSTRUCTIONS:**

**\*\*YOU ONLY NEED TO DO A BOWEL PREP IF YOU ARE HAVING A COLON/  
RECTAL OPERATION OR IF OTHERWISE INSTRUCTED TO BY YOUR  
SURGEON\*\***

What you will need to get started: 2 (two) bottles of Magnesium Citrate (these can be purchased over the counter at most pharmacies without a prescription from your physician) and clear liquids (list provided).

**DAY BEFORE SURGERY:**

- 1. CLEAR LIQUID DIET ONLY.** No solid food. Drink at least 3 quarts (96 oz.) of liquids on this day.
- 2. DRINK ONE (1) BOTTLE OF MAGNESIUM CITRATE BY 10:00 am.  
DRINK THE 2<sup>ND</sup> BOTTLE OF MAGNESIUM CITRATE BY 3:00 pm.**
- 3. Do not eat or drink after midnight.**

**Clear liquid diet**

**Definition:** A clear liquid diet consists of clear liquids, such as water, broth and plain

gelatin, that are easily digested and leave no undigested residue in your intestinal tract. Your doctor may prescribe a clear liquid diet before certain medical procedures or if you have certain digestive problems. Because a clear liquid diet can't provide you with adequate calories and nutrients, it shouldn't be continued for more than a few days.

**Purpose:** A clear liquid diet is often used before tests, procedures or surgeries that require no food in your stomach or intestines, such as before colonoscopy. It may also be recommended as a short-term diet if you have certain digestive problems, such as nausea, vomiting or diarrhea, or after certain types of surgery.

**Diet details:** A clear liquid diet helps maintain adequate hydration, provides some important electrolytes, such as sodium and potassium, and gives some energy at a time when a full diet isn't possible or recommended.

### **The following foods are allowed in a clear liquid diet:**

- Plain water
- Fruit juices without pulp, such as apple juice, grape juice or cranberry juice
- Strained lemonade or fruit punch
- Clear, fat-free broth (bouillon or consommé)
- Clear sodas
- Plain gelatin
- Honey
- Ice pops without bits of fruit or fruit pulp
- Tea or coffee without milk or cream

Any foods not on the above list should be avoided.