

## Modified Bowel Prep-Urology Clinic

The purpose of this bowel prep is to empty your bowel of stool to decrease the chance of problems during and after surgery. Please follow these directions carefully.

A few days before surgery, go to your local drugstore and buy:

- Magnesium citrate 10 ounces (1 bottle)

Store it in the fridge. It is easier to drink when chilled.

### Day Before Surgery

- Eat a light breakfast and lunch, avoid greasy foods.
- Drink only clear liquids after lunch up to midnight (**no limit on amount**). No solid food or dairy products after lunch.
- At 2:00 pm drink magnesium citrate 10 ounces (1 bottle). It is important to drink this where you will be near a bathroom. Do not plan to travel after drinking this.
- In the evening, drink 1 liter of a sports-type drink (Gatorade®). It must contain electrolytes. You may have any flavor.
- **Do not eat or drink anything after midnight.**
- Shower twice with Hibiclens® soap. Shower the night before and shower again in the morning before you check in for surgery.

### Clear Liquids

- Water
- Broth
- Juice, (apple, grape, cranberry); **no** carrot, tomato, nectars, or pulp
- Popsicles
- Hard candy
- Sparkling water or soda
- **No alcohol**
- Clear Jell-O®, homemade only, from powder, not premade. Do not add fruit, whip cream or marshmallows.
- Weak coffee or tea, no creamer. Sugar or sugar substitute is okay.
- **No dairy products (milk, soy milk, cheese, yogurt, ice cream, pudding, cream soups)**

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 5/2024 University of Wisconsin Hospitals & Clinics Authority, Madison, WI, All Rights Reserved. Produced by the Department of Nursing. HF#5415