Health Facts for You

WHealth

Modified Bowel Prep – Surgery Clinic

Do not use this prep if you have kidney or heart failure. Please call us if you have these health problems.

A few days before your prep, you will need to buy: (Circle number needed) 1 or 2 bottles magnesium citrate/10oz. each.

Day Before Surgery

Eat a light breakfast and lunch. Avoid greasy foods and red meat. Drink only clear liquids after lunch.

Clear liquids include:

- Water, sparkling water, or soda
- Broth
- Juice without pulp (apple, grape)
- Popsicles
- Gatorade G3 Recover®/silver label Bottle only (+protein)
- Clear Jell-O[®] (no fruit, etc. in it) No Jell-O[®] cups
- Coffee or tea, no creamer
- Gatorade[®]
- Crystal Light[®]

After lunch, **do not** eat food. **Do not** drink juice with pulp, dairy products, or alcohol.

_____2:00 pm: Drink 1 bottle magnesium citrate, 10 oz. It is best to drink it chilled. You may have loose stools and some cramping. It can take from 30 minutes to 8 hours to work. You may have many bowel movements for several hours after drinking it.

_____3:00 pm: Drink a second bottle of magnesium citrate, 10 oz. You may have many bowel movements for several hours after drinking it.

____Shower before bed with Hibiclens®

Day of Surgery

Shower before leaving home with Hibiclens[®]

Do not drink the last 4 hours before surgery.

Who to Call Surgery Clinic (608) 263-7502.

This is a 24-hour number. After hours, holidays and weekends ask for the doctor on call for:

Dr.

Leave your name and phone number with the area code. We will call you back.

Toll Free: 800-323-8942

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 © 5/2022 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6039