

## 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**