



# Instructions before Surgery Bowel Preparation with Magnesium Citrate

## General Instructions:

Your surgeon requires you to prepare your bowels prior to surgery. The goal of the bowel preparation is to clean your bowel so that stool will not be present that could compromise your scheduled surgery. This will make your surgery safer and reduces the chances of infection and injury to the bowel.

**If these instructions are not followed, then your surgery may be cancelled.**

- Please purchase 1 bottle (10oz) of Magnesium Citrate from the Pharmacy. It is a non-prescription item.

## Eating and drinking the day before your rectal surgery - Clear Liquids only the day before surgery

- The entire day before surgery stop eating all solid food including hard candy, mints and gum and milk products and begin a clear liquid diet. Clear liquids are anything you can hold up to a light and see through. Caffeine and alcohol should be avoided as they can dehydrate you.

### 1. CLEAR LIQUID DIET-Only these items ARE allowed:

- Water
- Clear broths and bouillon without flecks of meat or vegetables in it
- Clear juices – apple juice, grape juice, cranberry juice
- Clear beverages – 7-up, Sprite, Ginger Ale, Gatorade, Crystal Light,
- Other items – clear Jell-O, popsicles without fruit

### **2. Drink at least 10-12 (8-oz) glasses of clear liquids throughout the day.**

<p><b>Bowel preparation with Magnesium Citrate-</b> Check each item as you complete it. 12:00PM (or ½ hour before liquid noon meal).</p>	<p><input type="checkbox"/> Take <b>half</b> of the <b>Magnesium Citrate Oral Solution (5 oz.)</b> Follow immediately with three 8-oz glasses of clear liquids. In ½ hour, drink a <b>Clear liquid</b> meal as tolerated.</p>
<p>5:00PM</p>	<p><input type="checkbox"/> Take the remaining <b>half</b> of the <b>Magnesium Citrate Oral Solution (5 oz.)</b>. Follow immediately with three 8-oz glasses of clear liquids. In ½ hour, drink a <b>Clear liquid</b> meal as tolerated. (The liquid passing from your rectum should be Changing from solid particles to a yellowish liquid at this time).</p>
<p>12:00 Midnight</p>	<p><input type="checkbox"/> <b>After MIDNIGHT, water and water ONLY may be consumed up to 3 Hours before surgery.</b></p>

For questions or concerns before the day of surgery, please call:

Surgery Clinic Department 286  
Monday – Friday 8:30AM – 5:00PM  
(408) 851-2000

Medical Advice (after hours, weekends, or holidays)  
(408) 554-9800