

All About Women's Care P.C.

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Surgery Bowel Prep

Bowel preps are used to help decrease complications during and after surgery. Thank you for your help in following these instructions.

Shopping List

- 1 - 10 ounce bottle Magnesium Citrate. Can be mixed with another clear liquid beverage like ginger ale, sprite or Gatorade. It is best cold, over ice and drink it with a straw.
- 2 - instant protein drinks. Examples are EAS, Slim Fast, Carnation Instant Breakfast mixed with milk, soy milk or lactose free milk.
- Lots of clear liquids. Examples are broth, (chicken, beef, vege) jello, water, Gatorade, apple or cranberry juice, sodas, tea.
- Suggestions - Straws, Wet Wipes (Huggies) or Puffs Plus w/ lotion tissues, A&D ointment is helpful for soreness after wiping.

Directions

Start Prep the Day Before Surgery

1. In the morning by 7am take 1 pill of Flagyl and 1 pill of Neomycin with a protein drink.
2. Drink clear liquids anytime for the entire day. Good hydration is very important because the prep will tend to dehydrate you.
3. At lunch by 1 pm take 1 pill of Flagyl and 1 pill of Neomycin with a protein drink .
4. At 5pm: A clear liquid dinner of broth and jello
5. 6pm: You need to drink the Magnesium Citrate either straight or mixed. (See suggestions). You will develop diarrhea. It can happen as quickly as 30 min or up to several hours. Continue with good hydration up until midnight.

These items require a prescription to be filled at the pharmacy if prescribed by your doctor.

1) Flagyl

2) Neomycin

3) Phenergan

The Phenergan can be used if you experience nausea.

Please remember Nothing to eat or drink (including water) after midnight the night before surgery unless otherwise instructed by the doctor. Please contact the office if you have any questions regarding these instructions at **303-781-5299** .