



*Center For Pelvic Health*

## Bowel Prep:

### Day Before Procedure

- LIQUID DIET ALL DAY: Examples: Water, tea, fruit juice (no pulp), soft drinks, Gatorade, Tang, broth, bouillon, jell-o and popsicles. No milk or milk products.
  - At approximately 4:00 p.m. use 1 Fleet Enema (generic is OK) according to package instructions.
  - Repeat another Fleet Enema approximately 2 hours prior to bedtime.
  - You may continue your liquid diet until midnight. Nothing to eat or drink after midnight.
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**\*\* If you do NOT want to use the Enemas as noted above, you can use Magnesium Citrate instead\*\***

Should you prefer the Magnesium Citrate **INSTEAD** of enemas, please follow these instructions below:

- LIQUID DIET ALL DAY: Examples: Water, tea, fruit juice (no pulp), soft drinks, Gatorade, Tang, broth, bouillon, jell-o and popsicles. No milk or milk products.
- At 12:00pm, drink 5oz. magnesium citrate and follow it with 24 oz. of any clear liquid.
- At 4:00pm, if your bowels have not moved, drink an additional 5 oz. magnesium citrate and follow it with 24 oz of any liquid.
- You may continue your liquid diet until midnight. Nothing to eat or drink after midnight.

**\*\*\*\*DO NOT USE BOTH ENEMAS AND MAGNEISIUM CITRATE TOGETHER\*\*\*\***

### Day of Procedure

- NOTHING TO EAT OR DRINK unless otherwise discussed with hospital/surgery center.