

# UROLOGY ASSOCIATES, P.C.

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## **INSTRUCTIONS FOR TWO DAY BOWEL PREP**

Due to recent changes in insurance regulations, patients can only be admitted to the hospital the day of surgery.

In order to insure that your bowel is properly evacuated for surgery, you must follow the instructions listed below.

- 1) Two days prior to your surgery, you may take full liquids, (this includes, ice cream, pudding, cream soups, broth, etc.) That evening at 8 p.m., drink 1 ten oz. bottle of magnesium citrate. This can be purchased over the counter at your drugstore. This is a laxative to help with evacuation of your bowels.
- 2) The day prior to your admission to the hospital, you may take only clear liquids by mouth, (these are liquids which you can see through, including jello and clear broth). This evening you must use 1-2 Fleet enemas before retiring.
- 3) Nothing to eat or drink from midnight the night before admission.