



## **Bowel Preparation the day before Surgery**

Preparation of the bowel before abdominal surgery reduces your risk of developing infection in the surgical sites. Bowel preparation involves the following steps:

1. Clear liquids to minimize residual fiber.
2. Cathartic agent (magnesium citrate) to mechanically flush the intestines.
3. Oral antibiotics (Erythromycin and Flagyl) to kill bacteria within the intestinal lumen.

### **Clear liquids**

On the day before surgery, you will stop all previous meals and start clear liquids. This does not include any solid food. You will stay on clear liquids all day until midnight. After midnight you should not consume anything by mouth.

Clear liquids include only liquids that are “see-through”. They include:

- Water.
- Clear Broth (beef or chicken).
- Juices: apple, grape, grapefruit, Kool-Aid, Jell-O, Hawaiian punch, prune juice, Tang, and sodas

The following liquids are not included under clear liquids:

- Milk
- Cream-based soups
- Milkshakes
- Tomato or Orange juice
- Oatmeal
- Cream of Wheat

### **Cathartic Agent – Magnesium Citrate**

At 8 am on the day before surgery you will drink one bottle (10 oz.) of Magnesium Citrate. Magnesium Citrate is an over-the-counter medicine and can be obtained at any local pharmacy. Magnesium Citrate is a cathartic agent and will produce several loose bowel movements for the rest of the day. Because of that, you should stay hydrated by drinking plenty of water and clear liquids all day.

### **Oral Antibiotics**

We will send a digital prescription to your pharmacy for your oral antibiotics. The day before surgery, you will take the following oral antibiotics: Neomycin 500mg and Erythromycin 500mg. Directions for each: 2 by mouth three times a day (take at 2PM, 3PM, and 10 PM)