

Seattle Urological Associates

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BOWEL PREP FOR SURGICAL PROCEDURES

Although small, the risk of infection with abdominal surgery is real. In order to reduce the risk of infection you will be on a special bowel preparation program.

TWO DAYS BEFORE SURGERY..... DAY: _____

DATE: _____/_____/_____

Take your regular medications (except aspirin or aspirin products), unless otherwise informed. You may have a regular breakfast and a light lunch. After lunch between 1 and 3 PM you should take ONE of the following laxatives.....

8 ounces of Magnesium Citrate **(Use unless other specified)**

3 Dulcolax tablets

3 tablespoons of Milk of Magnesia

2 ounces of castor oil

NOTE: EXPECT DIARRHEA FROM ANY OF THESE LAXATIVES

After lunch you must limit your diet to clear liquids. This is most important!! NO SOLID FOODS, NO MILK OR DAIRY PRODUCTS...please!

We recommend a glass of juice, tea, coffee, soda pop or water every hour. You should push the fluids as much as possible.

THE DAY BEFORE SURGERY

DAY: _____

DATE: _____

You must stay on the clear liquids.

Unless otherwise notified, you may not have any food or liquids after midnight before the procedure.

Thank you for your help.

REMEMBER -- NO ASPRIN PRODUCTS 7-10 DAYS BEFORE SURGERY!!!!!!