

## Gallbladder, Appendix, Hernia & Hemorrhoidectomy Bowel Prep

PLEASE READ ALL INFORMATION GIVEN TO YOU AS SOON AS POSSIBLE.

Please allow sufficient time for the medical assistant to schedule your procedure, typically 72 working hours. Time is needed for scheduling with the hospital, anesthesia and checking for prior authorization and or benefits with your insurance. You will be called as soon as all is in order. You may be asked to pay your out-of-pocket portion before proceeding with the scheduled procedure.

### BOWEL PREP

#### ITEMS TO PURCHASE:

- 4 Dulcolax Tablets
- 1 10 ounce bottle Magnesium Citrate
- 1 Fleet Enema

#### DAY PRIOR TO PROCEDURE:

Clear liquid diet all day- *Please see attached page*

8:00 a.m. take 4 Dulcolax tablets with 8 oz of water.

6:00 p.m. Drink 10oz bottle of Magnesium Citrate followed by 8 oz of water.

9:00 p.m. Give yourself a Fleet Enema

**NOTHING BY MOUTH AFTER MIDNIGHT, NOT EVEN WATER**

### MEDICATIONS

If you take prescription medication, please follow the list below to determine which medications should be taken the morning of surgery/endoscopy, with a small sip of water: This is the only exception to the “nothing after midnight” rule.

**SHOULD BE TAKEN:**

Heart and Blood Pressure medications, but no diuretics (water pills); Medication for seizures; Steroids; Medication for Parkinson's disease; Psychotropic Medications; Thyroid Medication

**DO NOT TAKE:**

Diuretics (water pills); Medications to lower cholesterol; Diabetes medications, oral meds or insulin. \*Take normal insulin up until last regular meal, even if a liquid meal, but not after NPO (nothing by mouth) status. NPO status begins 8 hours before surgery.

**IMPORTANT NOTE ABOUT BLOOD THINNERS AND ASPIRIN**

NO ASPIRIN, NSAIDS (Advil, Ibuprofen, Aleve etc...) OR PLAVIX FOR 7 DAYS. (The day of surgery will be day 8).

STOP COUMANDIN 3 DAYS BEFORE SURGERY. (THE DAY OF SURGERY WILL BE DAY 4)

NO HERBAL MEDICATIONS OR HIGH-DOSAGE DIETARY SUPPLEMENTS TWO WEEKS BEFORE SURGERY

NO PHEN-FEN TWO WEEKS BEFORE SURGERY (OTHER NAMES FASTIN, PONDIIUM, PARMINE, OBENIX, DAYPEX, ADIPEX-P, IONAMIUM, PHENTARAMINE, ANOXINE-AM, OBEPHEN, OBESTIN, PHENTROL)

**PLEASE CALL THE OFFICE IF ANY QUESTIONS 854-8124.**

## CLEAR LIQUID DIET

The following is allowed on a clear liquid diet:

Clear Broth	**Jello
Coffee	Tea
Carbonated Beverages	Ensure
Any Clear Juice (apple, grape, **cranberry, etc.)	

**AVOID THE FOLLOWING:**

Red jello or juices  
Milk or milk products  
Tomato, orange, pineapple, or any juice with solids or pulp

Remember, this is a liquid diet, so no fruit, meat, vegetables, etc., only the above listed liquids.