


The Center for Women
Obstetrics & Gynecology

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Bowel Prep Instructions
THE DAY BEFORE SURGERY

ALLOWED

Clear Broth

Jello

Water

Apple Juice

Cranberry Juice

Coffee/Tea (no milk)

Carbonated beverage

THE DAY BEFORE SURGERY

- 1 bottle of magnesium citrate with 4 **LARGE** glasses of water or Gatorade

Continue clear liquids until midnight

NOTHING TO EAT OR DRINK AFTER MIDNIGHT

- 2 gas-ex tablets on the day of surgery before coming into the hospital with a SIP of water.

If you have ANY questions call 870-425-7300.