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Laparoscopic Surgeon

Bariatric Surgeon

Magnesium Citrate Bowel Prep

The goal of the bowel prep is to prepare your bowel so that stool will not be present that could compromise your scheduled surgery. The instructions include how to change your diet and what medications are necessary to insure that your bowel is clean at the time of your surgery.

Instructions

Day prior to surgery:

- Follow a clear liquid diet
- Drink 1 bottle of Magnesium Citrate at 5:00 p.m.
- Nothing to eat or drink after midnight. (The only exception is if your physician has instructed you to take medications the morning of surgery with a sip of water)

Day of surgery (optional):

- Fleet's enema 30 to 40 minutes before leaving you home or hotel

Clear Liquid Diet

These Items are allowed:

- Water
- Clear broths (chicken broth, beef broth, vegetable broth)
- Juices (apple juice, prune juice, grape juice, cranberry juice, lemonade, Kool Aid)
- Clear beverages (sodas, Tea, Coffee)
- Ices/Jello (Clear Jell-O, Popsicles without fruit, Italian Ices)

These Items are not allowed:

- Milk
- Cream
- Milkshakes
- Orange Juice
- Tomato Juice
- Cream Soups
- Oatmeal
- Cream of Wheat
- Any soups other than clear broths

Please Note

You may drink unlimited amounts of clear liquids prior to midnight and are encouraged to drink as much as possible to prevent dehydration from the laxatives.

Problems

- If you are experiencing indigestion, cramps, nausea, or vomiting lie down and rest. Continue to drink fluids, but not coffee. Do not smoke. You may take 1 to 2 teaspoons of Maalox or Mylanta.
- If you vomit more than twice please call my office.
- If you have severe diarrhea and feel weak, continue to take liquids.
- If you are not having bowel movements repeat with another bottle of Magnesium Citrate or use a fleets enema at 8:00 p.m.