



UROLOGY ASSOCIATES  
OF FREDERICKSBURG

Expert Surgical Care of the Urologic Patient Since 1975

## **BOWEL PREP INSTRUCTIONS**

1. Clear liquids only the day before surgery. (see below)
2. Magnesium Citrate; ½ to 1 bottle at 12 noon the day before the surgery.
3. Nothing by mouth after midnight the day before surgery.

Foods allowed on a clear liquid diet are:

Beverages: Coffee-decaf or regular, tea with lemon juice, carbonated beverages, apple juice, cranberry juice, grape juice or any combination thereof, warm fruit flavored gelatin, fruit flavored drinks and powders.

Desserts: Plain gelatin desserts, clear water ices and popsicles.

Soups: Fat free clear broths and bouillon.

Sweets: Sugar and hard candy.

Foods not allowed:

**No milk or milk products or anything not listed above.**

**REMEMBER: NOTHING TO EAT OR DRINK AT ALL AFTER MIDNIGHT OR YOUR PROCEDURE WILL BE CANCELLED BY THE ANESTHESIOLOGIST**