

# Pre op Bowel Prep for: Prostatectomy

## Day before surgery

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- 1) Clear liquid diet only. Clear liquids are any edible substances that you can see through and do not need to chew. Allowable edibles would include: water, clear soup broths, tea, “Gatorade” and “Jello”. Non-allowed foods include: milk, coffee, soups with food substance (chicken noodle soup is not allowed).
  - 2) Purchase a bottle of Magnesium Citrate at your pharmacy and **drink ½ a bottle at 1 p.m. the day before your surgery**. The bowel prep can cause dehydration, so drink clear liquids liberally.
  - 3) Purchase a Fleet’s enema and use this at 4 pm **the day before surgery**.
  - 4) Nothing to eat or drink after midnight the evening before surgery.
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- 1) No aspirin or Vitamin E for one week preop. No Coumadin for 5 days preop.
  - 2) No Motrin, Aleve, Nuprin, ibuprofen, naprosyn for 3 days preop.
  - 3) Tylenol is Okay for pain pre-op
  - 4) Let us know about any special medications, allergies or requirements you may have.
  - 5) Call us with any questions during normal business hours at (703) 208-4200