

## **DR. CYNTHIA HALL**

### **BOWEL PREPARATION FOR ABDOMINAL AND LAPAROSCOPIC SURGERY**

#### **Patient Instructions**

##### **Preparation for surgery with Fleet Phospho Soda or Magnesium Citrate**

You must buy one 3-ounce bottle of oral Fleet Phospho Soda (or Magnesium Citrate) and one Fleet Enema at any pharmacy.

*YOU WILL START YOUR PREP THE DAY BEFORE YOUR SURGERY AT 10:00 AM.*

##### **INSTRUCTIONS FOR PREP:**

Drink only CLEAR LIQUIDS for the entire day before your examination. No solid food!

##### **Acceptable Liquids**

Clear soup – broth, bouillon or consomme; Clear fruit juice – white grape, apple; Clear Jell-O™ – any flavor; Soft drinks – Orange, Ginger Ale™, Sprite™, 7-Up™, Colas; Gatorade™ – any flavor; Water, tea, black coffee; Hard candies.

##### **Unacceptable Liquids**

Tomato juice, any other juices that are not clear., milk, all dairy products, and non-dairy creamer.

1. **FIRST DOSE** -- Begin your first dosing regimen at 10:00AM the day prior to your procedure. Add one half the contents of one 3-ounce bottle of Fleet Phospho Soda to at least 4-6 ounces of cold Clear Liquid and drink this (apple juice, Sprite, Ginger Ale or 7-Up help improve the taste). Then drink a full 8-ounce glass of whatever Clear Liquid you desire.
2. Drink at least three more 8-ounce glasses of Clear Liquids over the next few hours.
3. **SECOND DOSE** -- Begin your second dosing regimen at 6:00PM the day prior to your procedure. Add the remaining one-half the contents of the 3-ounce bottle of Fleet Phospho Soda to at least 4-6 ounces of cold Clear Liquid and drink this. Follow this again with a full 8-ounce glass of whatever Clear Liquid you desire.
4. Drink at least three more 8-ounce glasses of Clear Liquids over the next few hours.
5. You are encouraged to drink as many Clear Liquids as you can throughout the day.

*YOU ARE NOT TO HAVE ANYTHING TO DRINK AFTER MIDNIGHT THE NIGHT BEFORE YOUR SURGERY.*

*YOU MAY DRINK WATER ONLY WITH NECESSARY ORAL MEDICATIONS*

6. You are to use a Fleet enema (green and white box) the night before your procedure.

**EXCEPTION** – For those who must work the day prior to surgery, please alter the preparation as follows:

Take the first dose of Fleet Phospho-Soda at 6:00PM 2 nights prior to your procedure. Take the second dose of Fleet Phospho-Soda at 6:00PM the night before your procedure. You should remain on the Clear Liquid diet for the entire day prior to your procedure.