

Urology Associates of Rochester

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Preoperative bowel preparations

1. Begin bowel preparation, at breakfast, the day before surgery. Only clear liquids (e.g. Jell-O, apple juice, 7-Up, and tea) are allowed before surgery.
2. At 10am take 1/2 10oz bottle of Magnesium Citrate and 4pm take 1/2 10 oz bottle of Magnesium Citrate. **Magnesium Citrate can be purchased over the counter at most drug stores.**
3. At noon, have a clear liquid lunch.
4. At 2 p.m., take one 500 mg Flagyl tablet with as much water as you wish.
5. At 6 p.m., have a clear liquid dinner
6. At 10 p.m., take one 500 mg Flagyl tablet with as much water as you wish.
7. At 11 p.m., take one 500 mg Flagyl tablet with as much water as you wish.

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT. If you have been asked to take medications on the morning of surgery, you may do so with only a small sip of water.

****** IMPORTANT: DO NOT CONSUME ANY ALCOHOL WHILE TAKING FLAGYL**

CLEAR LIQUID DIET

Liquids that you can see through at room temperature (about 78-72 degrees Fahrenheit) are considered clear liquids. This includes clear juices, broths, hard candy, ices, and gelatin.

This diet is ordered for pre-surgical and post-surgical patients, as well as for some pre-test situations.

**** This diet does not meet the Recommended Dietary Allowance of the National Research Council for any nutrient. ****

What can I eat and drink while on a clear liquid diet?

Beverages:

Clear juices (such as apple, cranberry, or grape), strained citrus juices or diluted fruit punch, Coffee, regular or decaf, without cream or milk, Mild tea, without cream or milk. Mineral, bubbly, or plain water. Clear soft drinks like ginger ale, lemon-lime soda, or club soda, cola or root beer and clear sports drinks.

Soup:

Clear broth, bouillon, or consommé.

Desserts:

Plain popsicles. Avoid popsicles with pureed fruit or fiber in them. Flavored gelatin, such as Jell-O without fruit.

Other:

Sugar, Honey, jelly, or syrup. Herbs, mild seasonings, or salt, hard candy.