

BOWEL PREP INSTRUCTIONS CHECKLIST

SURGERY DATE: _____

BOWEL PREP START DATE: _____

The day before your surgery:

_____ Stay on a clear liquid diet the day before surgery. You can have anything that is clear. (I.e.,: apple juice, chicken broth, jell-o, 7-up)

_____ Oral Reglan 10mg @ 12 Noon

_____ One bottle of Magnesium Citrate @ 4 PM

_____ Oral Reglan 10mg @ 6pm

_____ Four Dulcolax tablets (laxative) @ 7pm

The Magnesium Citrate and Dulcolax tablets can be purchased over the counter. You will be given a prescription for the oral Reglan.

Reference Cohen SM et al, Dis of Colon Rect. 37(7): 689, 1994 July