

ANORECTAL SURGERY BOWEL PREPARATION INSTRUCTIONS WITH MAGNESIUM CITRATE OR BISACODYL TABLETS

Colorectal Surgery Services

You will need the following things to prepare your gut or bowel before your anorectal surgery. You can get these over the counter (without a prescription) from most stores or drugstores like HEB™, Walgreen's™ or Eckerd's™:

- Four (4) Bisacodyl tablets (5mg.s) **or** One (1) bottle of Magnesium Citrate
- Four (4) Fleet™ enemas

The Day Before Surgery on _____ (date)

One day before surgery (24 hours before surgery) take four (4) Bisacodyl tablets after a light breakfast. Drink one glass of water or juice to wash the tablets down.

OR

Drink ½ bottle of magnesium citrate (about 5 ounces) after breakfast the day before surgery.

The day before surgery, stay on a **light, soft diet all day**. Drink lots of fluids.

The Night Before Surgery on _____ (date)

Give yourself two (2) Fleet® enemas in the rectum the evening before surgery. Evacuate them.

Do not drink any fluids or eat any food after midnight.

The Morning of Surgery on _____ (date)

Give yourself two (2) Fleet® enemas in the rectum the morning of surgery. Be sure to use the toilet to evacuate the enemas before leaving for the hospital.

Take only the medicines you were instructed to take the morning of surgery. You can take them with sips of water. Be sure to ask your doctors which of your home medicines you can take the morning of your surgery. If you have diabetes, high blood sugars, hypertension or high blood pressure you should ask your doctors which medicines you should take. Do not eat anything or have coffee.

Bring all of the medications you take at home to the hospital with you the morning of surgery. Keep them in the original bottles. Bring any medication lists you have with you too.

These written instructions **do not** replace a discussion with your physician or nurse. They may give you other instructions. Feel free to ask questions, come back for a visit or call if you are unclear about your diagnosis, treatment plan or these directions.