

Weight Loss Surgery Bowel Preparation

DATE OF SURGERY _____

Purchase a bottle of magnesium citrate lemon lime flavor (10 ounces) from your pharmacy (Snyders, or Walgreens). You DO NOT need a prescription for this.

Two days prior to surgery (if your operation is on a Tuesday, then this would be Sunday):

- Start clear liquids for 2 days prior to surgery. It is very important to take more liquids starting at this point until the time of surgery.
- Between 8 and 9 A.M., take 10 ounces of magnesium citrate with 8 ounces of clear liquids immediately. This will induce a bowel movement.
- If there is no bowel movement within 6 hours, then take a second 10 ounce bottle of magnesium citrate. Call the bariatric center with questions with these instructions.

The Night before surgery:

- Do not eat or drink anything after midnight the night before surgery. (Do not chew gum, NO hard candy).
- If you are instructed to take your medication the morning of surgery, then take it with a sip of water.
- If you have questions about whether or not to take certain medications, call the Pre-Admission nurse at 612-273-3067.

Sample of clear liquid diet: Broth or consommé, or apple juice, coffee or tea (no milk or cream) (sugar free is desired), Jell-O or gelatin, fruit ice. NO RED products