



Bedford Commons OB-GYN, P.A.

Protocol For Bowel Preparation

Your doctor has recommended that you undergo a bowel preparation prior to your surgery. This will evacuate the contents of your intestines. In the unlikely event there is any damage to your bowels during the surgery, clean bowels will facilitate a safer repair.

Obtain one bottle of magnesium citrate and three Dicolax tablets at the pharmacy.

Take only clear liquids starting at 12:00 PM the day prior to your surgery (i.e., broth, juice, tea, coffee, jello).

Continue to drink plenty of fluids so you do not become dehydrated.

At 12:00 PM on the day prior to your surgery, drink one bottle of magnesium citrate. Drink six, 8 oz. glasses of water between 12:00 PM and 5:00 PM.

At 5:00 PM on the day prior to your surgery, take three Dicolax tablets orally all at once.

Do not eat or drink anything after midnight unless you have been otherwise instructed.