



Urogynecology and Pelvic Health

Bowel Prep:

Day Before Procedure

- LIQUID DIET ALL DAY: Examples: Water, tea, fruit juice (no pulp), soft drinks, Gatorade, Tang, broth, bouillon, jell-o and popsicles. No milk or milk products.
 - At approximately 4:00 p.m. use 1 Fleet Enema (generic is OK) according to package instructions.
 - Repeat another Fleet Enema approximately 2 hours prior to bedtime.
 - You may continue your liquid diet until midnight. Nothing to eat or drink after midnight.
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** If you do NOT want to use the Enemas as noted above, you can use Magnesium Citrate instead**

Should you prefer the Magnesium Citrate INSTEAD of enemas, please follow these instructions below:

- LIQUID DIET ALL DAY: Examples: Water, tea, fruit juice (no pulp), soft drinks, Gatorade, Tang, broth, bouillon, jell-o and popsicles. No milk or milk products.
- At 12:00pm, drink 5oz. magnesium citrate and follow it with 24 oz. of any clear liquid.
- At 4:00pm, if your bowels have not moved, drink an additional 5 oz. magnesium citrate and follow it with 24 oz of any liquid.
- You may continue your liquid diet until midnight. Nothing to eat or drink after midnight.

******DO NOT USE BOTH ENEMAS AND MAGNEISIUM CITRATE TOGETHER******

Day of Procedure

- NOTHING TO EAT OR DRINK unless otherwise discussed with hospital/surgery center.
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DOUCHE INSTRUCTIONS:

- Purchase 2-2 packs of Summer's Eve Medicated Douche from your local pharmacy or retail store.
- Using the instructions on the box, insert the pre-filled douche applicator just inside the opening of your vagina and squeeze applicator until empty.
- Perform this douche for 3 consecutive nights before your scheduled surgery.