Magnesium Citrate and Fleet Enema

Surgical Bowel Prep for Urology Patients

The day before your surgery:

- On ______________________, you may eat a light breakfast. Do not eat solid food the rest of the day.

- Drink at least 8 to 10 glasses (8 ounces each) of clear liquids during the day. Clear liquids include:
  - Water, black coffee or tea (no milk, cream or sweetener)
  - Clear soft drinks, clear broth, clear juice (no pulp)
  - Plain gelatin, Jell-O, Popsicles, fruit ice and clear hard candy (no red or purple)
  - Sports drinks such as Gatorade or Pedialyte.

- Do not chew gum, eat hard candy or smoke. You should not drink alcohol for 24 hours. It is okay to brush your teeth.

- Do not eat anything after midnight (12 a.m.).

- If you have questions about whether or not to take certain medicines, ask your doctor.

Failure to follow these directions will cause a delay in your surgery.

Magnesium citrate:

- For a better flavor, chill the magnesium citrate. Do NOT pour it over ice or mix it with anything.

- Take one half of your dose between 12 and 3 p.m.

- Take the other half between 3 and 6 p.m.

- Plan to stay near a bathroom.

Fleet enema:

- Use the enema in the evening (after 8 p.m.). Follow the directions on the box.

- If you are having a second enema, use it 2 to 3 hours before your exam.

The morning of your surgery:

- You may drink clear liquids until 2 hours before surgery. This includes water, clear juice, black coffee or clear tea without milk.

- If you need to take pills, take them with a sip of water.

If you have any questions, please call:
Preoperative Assessment Center (PAC) registered nurse: 612-676-5008, or
Urology Clinic and Institute for Prostate and Urologic Cancers: 612-625-6401.