Bowel Prep Information

ESWL:
- Follow a clear liquid after noon the day prior to your surgery. No solid foods.
- Take 1 bottle of Magnesium Citrate (available over the counter at the pharmacy) between 4-5 pm the day prior.
- Take 2 Gas-X tablets at bedtime the evening before your surgery.
- Do not eat or drink anything after midnight prior to your procedure.

Robot Assisted or Open Radical Prostatectomy:
- Follow a clear liquid diet the day prior to your surgery. No solid foods.
- Take 1 bottle of Magnesium Citrate (available over the counter at the pharmacy) at noon the day prior
- Take a Fleets enema (available over the counter at the pharmacy) at 6pm and 8pm the day prior to your surgery.
- Do not eat or drink anything after midnight prior to your procedure.

Transrectal Ultrasound of the Prostate and Biopsy (TRUS/Biopsy) for Drs. Unni, Unni & Emley:
- Take your prescribed antibiotics starting the day prior to your biopsy.
- Take a Fleets enema (if prescribed) 2 hours before leaving for the biopsy.

Radical Nephrectomy (Laparoscopic or Open):
- Follow a clear liquid diet the day prior to your surgery. No solid foods.
- Take 1 bottle of Magnesium Citrate (available over the counter at the pharmacy) at 4pm the day prior.
- Do not eat or drink anything after midnight prior to your procedure.
Radical Cystectomy:

- Follow a clear liquid diet the day prior to your surgery. No solid foods.
- Drink 1 gallon of Golytely starting at noon the day prior. Take a sip every 15 minutes, finish by 6pm.
- Do not eat or drink anything after midnight prior to your procedure.

Gatorade/Miralax Bowel Preparation:

*Purchase these over the counter laxatives:*

*Gatorade:* (64 Ounces) of lemonade or other CLEAR Gatorade (two 32 ounce bottles)

*Dulcolax:* 5mg tablets (four tablets)

*Miralax bottle:* 238 grams (over the counter)

- The day before surgery clear liquids only. No Solid Food. Examples of clear liquids: water, clear fruit juices such as apple or white grape, chicken or beef bouillon, jello (no red or purple), clear soft drinks, coffee or tea without cream or sugar. No milk or milk products. No orange juice.
- 2:00 p.m.: Drink 8 ounces of clear liquids
- 3:00 p.m.: Take 2 Dulcolax tablets
- 4:00 p.m.: Drink 8 ounces of clear liquids
- 5:00 p.m.: Mix the entire bottle of Miralax into the 64 ounces of Gatorade. (Put ½ the bottle in each 32 ounce bottle). Shake the solution until fully dissolved. Drink an 8 ounce glass every 15 minutes until solution gone.
- 7:00 p.m.: Take the last 2 Dulcolax tablets.
- 8:00 p.m. & 9:00 p.m.: Drink 8 ounces of clear liquids.