



Women's Health Specialists of Montgomery County PA

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BOWEL PREP INSTRUCTIONS

Your Procedure Requires You To Do A Bowel Prep The Day Before Surgery

PLEASE READ AND FOLLOW INSTRUCTIONS CAREFULLY!

It is very important that your bowel be completely emptied so that the bowel is lying flat, keeping it from being injured during your surgery.

Since your procedure requires a bowel prep, you will need to follow a **CLEAR LIQUID DIET** one day prior to surgery.

Your clear liquid diet begins in the morning on the day **before** surgery. You may continue your clear liquids until 6 hours prior to your surgery. **After that, you may NOT eat or drink anything until surgery.**

CLEAR LIQUIDS: Jell-O, chicken or beef broth, sodas, coffee and tea with sugar (**NO CREAMERS**), clear fruit juice (apple, grape, cranberry) and popsicles.

Your bowel prep will be
TWO ⁽²⁾ FLEETS ENEMAS

This is an over the counter product. **Two hours** prior to bedtime on the day before your surgery, do **ONE** fleets enema. In the morning, the **DAY OF SURGERY**, do the **SECOND** fleets enema.