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PATIENT & CAREGIVER EDUCATION

# Bowel Preparation for Your Orthopedic Surgery

This information explains how to do a bowel preparation for your orthopedic surgery. A bowel preparation is when you clean out your colon (large intestine).

It's important that your colon is clean and empty before your orthopedic surgery. Follow the instructions in this resource to do your bowel preparation.

## Buy Supplies

Buy the following supplies from any pharmacy. You don't need a prescription.

- 1 (10-ounce) bottle of liquid magnesium citrate
- 2 bisacodyl or saline enemas (such as Fleet<sup>®</sup> bisacodyl or saline enemas)
- Clear liquids (examples are listed in the “Clear Liquid Diet” table in this resource)

## **2 Days Before Your Surgery**

At 9:00 p.m. 2 days before your surgery, drink 1 full bottle of magnesium citrate.

## **The Day Before Your Surgery**

- Follow the clear liquid diet explained below. A clear liquid diet includes only liquids you can see through.
- In the morning, give yourself 1 enema. Follow the instructions on the package.
- 1 hour before you go to bed, give yourself another enema.

While you're following a clear liquid diet:

- Don't eat any solid foods.
- Try to drink at least 1 (8-ounce) glass of clear liquid every hour while you're awake.
- Drink different types of clear liquids. Don't just drink water, black coffee, and tea.
- Don't drink sugar-free clear liquids unless you have diabetes and a member of your care team tells you to.

### **For people with diabetes**

If you have diabetes, ask the healthcare provider who manages your diabetes what you should do while you're

following a clear liquid diet.

- If you take insulin or another medication for diabetes, ask if you need to change the dose.
- Ask if you should drink sugar-free clear liquids.

Make sure to check your blood sugar level often while you're following a clear liquid diet. If you have any questions, talk with your healthcare provider.

## Clear liquid diet

Clear liquid diet		
	OK to have	Do not have
<b>Soups</b>	<ul style="list-style-type: none"><li>• Clear broth, bouillon, and consommé.</li></ul>	<ul style="list-style-type: none"><li>• Anything with pieces of food or seasoning.</li></ul>
<b>Sweets</b>	<ul style="list-style-type: none"><li>• Gelatin, such as Jell-O®.</li><li>• Flavored ices.</li><li>• Hard candies, such as Life Savers®, lemon drops, and peppermints.</li></ul>	<ul style="list-style-type: none"><li>• All other sweets.</li></ul>
<b>Drinks</b>	<ul style="list-style-type: none"><li>• Clear fruit juices, such as lemonade, apple, cranberry, and grape juices.</li><li>• Soda, such as ginger ale, 7UP®, Sprite®, and seltzer.</li><li>• Sports drinks, such as</li></ul>	<ul style="list-style-type: none"><li>• Juices with pulp.</li><li>• Nectars.</li><li>• Smoothies or shakes.</li><li>• Milk, cream, and other dairy products.</li><li>• Nut milks, plant milks, non-dairy creamers, and other dairy alternatives.</li></ul>

	<p>Gatorade® and Powerade®.</p> <ul style="list-style-type: none"><li>• Black coffee or plain tea without milk or creamer.</li><li>• Water, including carbonated (fizzy) and flavored water.</li><li>• Clear nutritional drinks, such as Boost® Breeze, Ensure Clear™, Pedialyte®, and Diabetishield®.</li></ul>	<ul style="list-style-type: none"><li>• Drinks with alcohol.</li></ul>
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## Instructions for eating



**Stop eating at midnight (12 a.m.) the night before your procedure.** This includes hard candy and gum.

If your healthcare provider told you to stop eating earlier than midnight, follow their instructions. Some people need to fast (not eat) for longer before their procedure.

## **Instructions for drinking**

Between midnight (12 a.m.) and 2 hours before your arrival time, only drink the liquids on the list below. Do not eat or drink anything else. Stop drinking 2 hours before your arrival time.

- Water.
- Clear apple juice, clear grape juice, or clear cranberry juice.
- Gatorade or Powerade.
- Black coffee or plain tea. It's OK to add sugar. Do not add anything else.
  - Do not add any amount of any type of milk or creamer. This includes plant-based milks and creamers.
  - Do not add honey.
  - Do not add flavored syrup.

If you have diabetes, pay attention to the amount of sugar in these drinks. It will be easier to control your blood sugar levels if you include sugar-free, low-sugar, or no added sugar versions of these drinks.

It's helpful to stay hydrated before procedures, so drink if you are thirsty. Do not drink more than you need. You will get intravenous (IV) fluids during your procedure.



**Stop drinking 2 hours before your arrival time.** This includes water.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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