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Bowel Prep - Magnesium Citrate

The day before your surgery, take one bottle of Magnesium Citrate after lunch. Magnesium Citrate is available at any pharmacy without a prescription. The purpose of this is to clean out your bowels prior to your surgery.

Once you have taken the Magnesium Citrate you may have only clear liquids to drink up until midnight. Clear liquids include broth, tea, 7-up, Sprite, apple juice, water, or plain Jell-o.

After midnight you may not have anything to eat or drink.