



PATIENT & CAREGIVER EDUCATION

Bowel Preparation for Esophageal Surgery

This information explains how to do a bowel preparation for your esophageal surgery.

Your surgery is scheduled on _____ (date). Your bowel must be clean and empty before your surgery. Your doctor will prescribe a clear liquid diet and a laxative to prepare your bowel. This resource describes the steps you must follow before your surgery. If you have any questions, please speak with your doctor or nurse.

■ Preparation

You will need to buy the following at any pharmacy. You do not need a prescription.

- 1 (10 ounce) bottle of magnesium citrate
- 1 Fleet[®] Enema

2 Days Before Your Surgery: _____ (date)

- Start the clear liquid diet. Beginning with breakfast, you may only have items from the clear liquid diet menu described below.
- To prevent dehydration and weakness you must be sure that you get enough liquid and calories. Please choose a variety of the items in the clear liquid diet menu. Drink at least 10 (8 ounce) servings of clear liquids in a 24 hour period. Have these clear liquids at your normal mealtimes and also between meals.

Clear liquid diet menu

Food Category	You May Have	You May NOT Have
Soups	<ul style="list-style-type: none"> ▪ Clear broth or bouillon ▪ Clear consommé ▪ Packaged broth 	Any other soups
Sweets & Desserts	<ul style="list-style-type: none"> ▪ Gelatin ▪ Flavored ices ▪ Sugar and sugar substitutes ▪ Honey ▪ Hard candy 	Any other sweets or desserts
Beverages	<ul style="list-style-type: none"> ▪ Clear fruit juices (apple, cranberry, or grape) ▪ Black coffee or tea ▪ Soda (ginger ale, 7-Up[®], Sprite[®], cola) ▪ Seltzer ▪ Gatorade[®] ▪ Plain water 	Any others, including: <ul style="list-style-type: none"> ▪ Nectars ▪ Milk ▪ Cream ▪ Juices with pulp ▪ Alcoholic beverages

1 Day Before Your Surgery: _____ (date)

- At 2:00 pm, drink the bottle of magnesium citrate.
- At 8:00 pm give yourself the Fleet[®] Enema.
- Your rectum may feel sore during the bowel preparation. If so, it may be helpful to wipe with baby wipes instead of toilet paper.
- **Do not eat or drink anything after midnight. This includes water, hard candy and gum.**

If you have any questions or concerns, talk with a member of your healthcare team. You can reach them Monday through Friday from 9:00 am to 5:00 pm at _____. After 5:00 pm, during the weekend, and on holidays, please call _____. If there's no number listed, or you're not sure, call (212) 639-2000.