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PATIENT & CAREGIVER EDUCATION

# Bowel Preparation for Orthopaedic Surgery

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

It's important that your bowel is clean and empty before your orthopaedic surgery. Follow the instructions below to do your bowel preparation.

## Purchase Supplies

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

- 1 (10-ounce) bottle of liquid magnesium citrate
- 2 Bisacodyl enemas, such as Fleet®
- Clear liquids from the table below

## 2 Days Before Your Surgery

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

## The Day Before Your Surgery

- Follow the clear liquid diet explained below.
- In the morning, give yourself 1 Bisacodyl enema. Follow the instructions on the package.
- 1 hour before you go to bed, give yourself another Bisacodyl enema.

While on the clear liquid diet:

- Don't eat any solid foods.

- Try to drink at least 1 (8-ounce) glass every hour while you're awake.
- Drink different types of liquids. Don't just drink water, black coffee, and tea. Don't drink sugar-free liquids unless you have diabetes.

## 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.

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

## Clear Liquid Diet

Clear Liquid Diet		
	Drink	Do Not Drink
<b>Soups</b>	<ul style="list-style-type: none"> <li>• Clear broth, bouillon, or consommé</li> </ul>	<ul style="list-style-type: none"> <li>• Any products with pieces of dried 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®)</li> </ul>	<ul style="list-style-type: none"> <li>• All others</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, 7-Up®, Sprite®, and seltzer)</li> <li>• Sports drinks (such as Gatorade®)</li> <li>• Black coffee</li> <li>• Tea</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Juices with pulp</li> <li>• Nectars</li> <li>• Milk or cream</li> <li>• Alcoholic drinks</li> </ul>

## Instructions for eating and drinking before your surgery

- Do not eat anything after midnight the night before your surgery. This includes hard candy and gum.
- Between midnight and up until 2 hours before your scheduled arrival time, you may drink a total of 12 ounces of water (see figure).
- Starting 2 hours before your scheduled arrival time, do not eat or drink anything. This includes water.



If you have any questions, contact a member of your healthcare team directly. If you're a patient at MSK and you need to reach a provider after 5:00 PM, during the weekend, or on a holiday, 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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