



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® 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
Soups	<ul style="list-style-type: none">• Clear broth, bouillon, and consommé.	<ul style="list-style-type: none">• Anything with pieces of food or seasoning.
Sweets	<ul style="list-style-type: none">• Gelatin, such as Jell-O®.• Flavored ices.• Hard candies, such as Life Savers®, lemon drops, and peppermints.	<ul style="list-style-type: none">• All other sweets.
Drinks	<ul style="list-style-type: none">• Clear fruit juices, such as lemonade, apple, cranberry, and grape juices.• Soda, such as ginger ale, 7UP®, Sprite®, and seltzer.• Sports drinks, such as	<ul style="list-style-type: none">• Juices with pulp.• Nectars.• Smoothies or shakes.• Milk, cream, and other dairy products.• Nut milks, plant milks, non-dairy creamers, and other dairy alternatives.

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



- **Stop eating 8 hours before your arrival time.**
 - Your healthcare provider may tell you to stop eating earlier. If they do, follow their instructions.
- 8 hours before your arrival time, do not eat or drink anything except these clear liquids:
 - Water.

- Soda.
- Clear juices, such as lemonade, apple, and cranberry juices. Do not drink orange juice or juices with pulp.
- Black coffee or tea (without any type of milk or creamer).
- Sports drinks, such as Gatorade®.
- ClearFast CF(Preop)® or Ensure® Pre-Surgery clear carbohydrate drink.
- Gelatin, such as Jell-O®.

You can keep having these until 2 hours before your arrival time.

Instructions for drinking before your surgery



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

If you have any questions, contact a member of your care team directly. If you're a patient at MSK and you need to reach a provider after 5 p.m., during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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