

MILD BOWEL PREP

Your doctor may recommend this bowel preparation for various abdominal or rectal surgeries. You will need to purchase from your local pharmacy:

2 Docolax Tablets

1 Bottle Magnesium Citrate

The day before your scheduled surgery, you must drink **CLEAR LIQUIDS ONLY**. For Dr. Marx these liquids include water, soft drinks, coffee, tea, popsicles, jello, broth, or clear juices. **DO NOT DRINK MILK OR ANY RED OR PURPLE DRINKS.**

Procedure:

1. At 12:00 PM (noon) the day before your procedure, take **2 Docolax tablets** with a large glass of water.
2. At 2:00PM, drink **1 bottle of Magnesium Citrate**.
3. Drink lots of clear liquids until midnight.
4. Do not consume anything by mouth after midnight.
The only exception to this is if the doctor has allowed you to take your morning medications with small sips of water.

For any questions, please don't hesitate to call our office.