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GENERAL, THORACIC AND LAPAROSCOPIC SURGERY
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Your procedure is scheduled for: _____

You will need to buy **24 Senna pills** and a **10 ounce bottle of Citrate of Magnesia** at the drugstore. You will also need to buy **2 quarts of sports drink** such as Gatorade or Powerade (No Red).

The day before your procedure you may have a light breakfast of cereal, eggs or toast. After breakfast, please drink only clear liquids from then on, **DO NOT EAT ANY SOLID FOODS**. Clear liquids include: coffee, tea, juices, Jell-O (No Red).

Follow the schedule for your prep:

Once you begin the prep, drink 8 oz of sports drink every hour until you go to bed.

4:00 PM Take 4 Senna pills
4:15 PM Take 4 Senna pills
4:30 PM Take 4 Senna pills
7:00 PM Take 4 Senna pills
7:15 PM Take 4 Senna pills
7:30 PM Take 4 Senna pills

9:00 PM drink the entire bottle of Citrate of Magnesia.

You may start the prep early if you wish but take the pills and Citrate at the same time interval as detailed.

DO NOT EAT OR DRINK AFTER MIDNIGHT, **except** you may take medicines on the morning of surgery, unless otherwise directed. Take them with a small sip of water.

You will need to have someone drive you home.

Clear Liquid

Juices

Apple; Cranberry; Grape

Broth

Beef; Vegetable; Chicken

Extras

Jello (no red); Popsicle (no red); Fruit Icie

Beverages

Crystal Lite Lemonade

Coke (diet & regular)

Pepsi (diet & regular)

7-UP (diet & regular)

Gingerale

Coffee (decaf & regular)

Iced Tea (regular & decaf)

Herbal Tea

Sports Drinks (Gatorade & Powerade) No Red.