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## Preoperative Instructions

**If you receive conflicting instructions from any other source including the hospital, please disregard them and refer only to this form, this includes taking your routine prescription meds.**

### Day Before Surgery

1. Purchase 2, 10 ounce bottles of Magnesium Citrate from any pharmacy.
2. Between noon and midnight, the day before surgery, **ONLY** drink a **clear liquid diet**, such as beef or chicken broth, 7-Up, ginger ale, fruit juice without pulp, Gatorade, any clear sport drink, plain Jell-O, popsicles, tea, etc.
3. At 12 PM, drink 10 ounces of Magnesium Citrate. You may mix it with any clear liquid or powdered flavorings such as Gatorade, Tang or Crystal light. Drink clear liquids to avoid dehydration.
4. In most cases, loose liquid stools will begin soon after you begin the prep. Please remain within easy access of a bathroom. Remember that this is a **bowel prep** and it will cleanse your bowels.
5. **Repeat** another dose of Magnesium Citrate at 3 PM if you have not had any effect from the first dose.
6. Continue to drink clear liquids throughout the evening to stay hydrated. Take nothing by mouth after midnight except your prescription meds and only take them with sips of water.

### Reminder

1. Do not eat or drink anything after midnight before surgery.
2. An Anesthesiology representative from the Hospital should call you the night before surgery.
3. Continue all routine prescription medications the day before surgery **except Coumadin, Plavix, Aggrenox, Pradaxa or any prescription blood thinner** which should be discontinued in consultation with your surgeon or primary care doctor. If you are taking aspirin containing medicines you may continue them. If you need to take something for headaches or pain, Tylenol or Motrin may be used. For questions about your medicines, please call Dr. Margolis or your primary care physician.
4. Discontinue all **weight loss medications and over-the-counter herbal medications** two weeks prior to surgery.
5. Please take your heart, blood pressure, thyroid, diabetes and/or any other prescription medications except blood thinners the day of surgery; just do so only with **sips** of water.
6. Please arrive at the hospital at least two hours before the scheduled surgery time.
7. After you arrive at the hospital for your surgery if anyone asks you to drink any liquids other than sips of water with medicines, under no circumstances should you do it. It may cause serious life threatening complications. If you have any questions please call 650-375-1644 or 408-370-9098.

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