

Charles Street Obstetrics~Gynecology Associates, P.A.

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Bowel Prep and Liquid Diet Instructions

- Start liquid diet 24 hours before procedure
- Follow bowel prep instructions the evening before surgery

Bowel Prep:

Phospho-Soda 3 oz (over the counter at any pharmacy)

1 ½ oz with Ginger-Ale at 4:00 pm

1 ½ oz with Ginger-Ale at 6:00 pm

Clear Liquid Diet Suggestions:

Allowed:

- Water
- Clear broths
 - Chicken – no noodles or rice
 - Beef – no meat, vegetables or noodles
- Juices (apple, prune, grape, grapefruit, cranberry, Gatorade)
- Sodas
- Tea
- Coffee
- Clear Jell-O without fruit
- Popsicles
- Italian ice
- Salt, pepper, sugar may be used

Not Allowed (Do NOT eat or drink any of these within 24 hrs of surgery):

- Milk
- Cream
- Milkshakes
- Orange juice
- Tomato juice
- Any soups other than broth
- Oatmeal
- Yogurt

****You are allowed unlimited fluids until 12:00 midnight. Please drink as much fluid as possible to prevent dehydration.**