Diet: Begin a clear liquid diet one full day prior to your surgery. Clear liquids diet consists of any liquid that you can pour in a clear glass hold up to the light and see through without anything floating in it. [Some examples are: apple juice, clear soups and broth, coffee and tea without cream, clear gelatin, grape juice, cranberry juice, sodas, and popsicles coffee and tea (without creamer).] You may have all the clear liquids you wish until midnight, then nothing after midnight until after your surgery.

Laxative: In the morning the day before surgery, drink one bottle (10 ounces) of magnesium citrate in addition to the clear liquids. [Magnesium citrate can be purchased at a pharmacy without a prescription.] Stay close to a bathroom, as magnesium citrate is a powerful laxative.

*The purpose of the clear liquid diet and laxative is to decompress the intestines (to facilitate exposure during surgery) and to clean the colon should there be the need to remove a small amount it during the operation.*

You should take no food or fluid (nothing by mouth) after midnight. The anesthesiology team will provide you with instructions regarding what medications to take the morning of surgery. Other than the sip of water needed to help swallow the medications, any additional intake of fluids or food may result in your surgery being cancelled.

Stop blood thinners (such as aspirin, Coumadin™, and Plavix™) one week prior to surgery. If you are taking blood thinners, please check with your primary doctor and/or cardiologist to make sure it is safe to stop prior to surgery.

Suggestions for the Hospital Stay:
- Bring loose-fitting clothes with you to the hospital.
- Do not bring valuables with you.