

# **Urology Group of Western New England, P.C.**

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## **PRE-OP INSTRUCTIONS**

You need to be on a clear liquid diet one day before your surgery. A sample menu is enclosed.

The day before surgery, you need to drink one bottle of magnesium citrate. This can be purchased at any pharmacy, and follow the directions on the box.

## **CLEAR LIQUID DIET**

Water

Carbonated beverages

Bouillon or clear broth

Apple, cranberry or grape juice

Gelatin dessert

Popsicles, fruit ices

Coffee, tea (black, no milk or creamer)

Fruit-flavored drinks-Gatorade, Powerade, Propel, Kool-aid