



MERCY HEALTH

Springfield/Urbana General and Robotic Surgery
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Hemorrhoid Surgery Prep Instructions

One Day Before Procedure

Breakfast- Eat a light breakfast like, cereal, cream of wheat, yogurt, fruits, etc.

Lunch- Maintain a clear liquid diet. **DO NOT EAT** solid foods of any kind. It is very important to maintain fluid intake by drinking at least 8 glasses (2 quarts) or more of liquid such as water or Gatorade in addition to the bowel prep. You may take your usual prescription medication except for blood thinners as instructed.

2:00PM- Drink first bottle of Magnesium Citrate.

4:00PM- Drink second bottle of Magnesium Citrate.

Medication Instructions

High Blood Pressure Medication- you may take these medications early in the morning with sips of water. **DO NOT** take any water pills.

Anti-Asthma Medications- You may take your regular inhalers as usual.

Diabetic Medications- **DO NOT** take your diabetic medications evening dose prior to procedure or morning dose day of procedure. Please monitor your blood sugar at regular times.

Insulin Dependents Patients- You may take half of your evening dose prior to procedure and **DO NOT** take morning dose day of procedure. Please monitor your blood sugar in the evening prior to procedure and morning of procedure.

Items Needed

Two Bottles of Magnesium Citrate- You may purchase this over the counter at your local pharmacy.