

Bowel Clean Out with Magnesium Citrate

Preparing your child for surgery

Why does my child need special care?

To help prevent infection, your child's intestines must be clean for surgery.

How do I help my child get ready for surgery?

You need to make sure your child's intestine is clear of bowel movement (poop).

Your child will need to stop eating solid foods and will drink a medicine called magnesium citrate.

Follow these steps:

Two days before surgery _____ (date):

1. After lunch, stop all solid food. Only give your child clear liquids, such as water; apple, pear or white grape juice; Jell-O; Popsicles; chicken broth; 7-Up or Pedialyte, which you can buy at the grocery store or drugstore.
2. In the evening, give your child one bottle of magnesium citrate. You can buy magnesium citrate in the grocery store or drugstore. It is an over-the-counter product and does not require a prescription.

Plan "A"

One day before surgery (the same day your child will be admitted to the hospital) _____ (date):

1. Plan to arrive at 8 a.m.
2. Continue on clear liquids — that means no solid foods, no formula and no milk products. If your child does not stay on clear liquids, the surgery will have to be rescheduled.
3. About 1 to 2 hours before arrival, give your child 1 more bottle of magnesium citrate.

For this plan, buy 2 bottles of magnesium citrate. Some children need more medicine to clear their intestines after arriving at the hospital.

Plan "B"

One day before surgery _____ (date):

1. Continue on clear liquids — that means no solid foods, no formula and no milk products. If your child does not stay on clear liquids, the surgery will have to be rescheduled.

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To Learn More

- Urology Surgery
206-987-2509
- For other surgery
206-987-5145
- Ask your child's
healthcare provider
- www.seattlechildrens.org

2. Give your child 1 bottle (bottle number 2) of magnesium citrate in the morning.
3. Give your child 1 more bottle (bottle number 3) about 3 to 4 hours before bedtime.
4. The admitting office will call you the day before surgery with instructions about when to stop clear liquids and what time to come to the hospital.

For this plan, buy 3 bottles of magnesium citrate.

Please know that this medicine will cause your child to have diarrhea and maybe stomach cramps. The magnesium citrate empties and cleans the intestine. We know this may affect your travel plans. We suggest allowing more time for car trips and sitting close to the restroom for airplane trips.

When should I call Children's?

- Call if the magnesium citrate does not seem to be working.
- If your child is having a hard time drinking the magnesium citrate, please call us for some tips.

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers
206-987-2280 (TTY)

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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6/09
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