



LAVINIA K. CHONG, M.D.
AESTHETIC & PLASTIC SURGERY

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BOWEL PREPARATION FOR SURGERY

Two days *BEFORE* your surgery:

Full liquid diet along with (2) two laxatives, one in the morning and one at night.

- Milk
- Milkshakes
- Cream of rice
- Cream of wheat
- Cream soups, strained
- Coffee, tea, cream, carbonated beverages
- Nutritional supplements (e.g. Boost, Ensure, etc.)
- Plain ice cream, sherbet, sorbet
- Custard-style yogurt, pudding
- Fruit and vegetable juices

One day *BEFORE* your surgery:

Absolutely **NO** solid food on prep day!

Clear liquids with (1) one laxative in the morning.

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|---------------------------------------|-----------------------------|
| - Broth: chicken, beef, or vegetables | - Tea |
| - Jell-O | - Coffee (without creamer) |
| - Popsicles | - Soft drinks (with no dye) |
| - Fruit juices | - Gatorade |
| - Any clear non-alcoholic beverage | |

I have read and understand the instructions given to me regarding bowel preparation prior to surgery.

 Patient Name

 Patient Signature

 Witness

 Date