

**KIDNEY STONE CENTER OF THE ROCKY MOUNTAINS
PRE-OP DIET INSTRUCTIONS**

BEFORE YOUR TREATMENT, DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT (UNLESS OTHERWISE DIRECTED BY YOUR PHYSICIAN). YOUR TREATMENT MAY BE CANCELLED IF YOU HAVE HAD ANYTHING BY MOUTH (including gum, mints, cigarettes etc.)

PREP #1 -STANDARD PREP:

1. Take two 5mg Dulcolax (generic Bisacodyl) laxative tablets as directed at noon the day before treatment.
2. Have lunch completed no later than 2 PM the day before treatment.
3. Clear liquids ONLY (*NO carbonated beverages*) after 2 PM the day before treatment (i.e. water, broth, plain gelatin, sports drinks, popsicles).
4. Absolutely nothing by mouth after midnight.
5. The morning of your procedure do not eat or drink anything until your treatment is done.

PREP #2 –GOOD PREP:

1. Take two 5mg Dulcolax (generic Bisacodyl) laxative tablets at 8 AM and two 5mg Dulcolax (generic Bisacodyl) laxative tablets at 2 PM as directed the day before treatment.
2. Have lunch completed no later than 2 PM the day before treatment.
3. Clear liquids ONLY (*NO carbonated beverages*) after 2 PM the day before treatment (i.e. water, broth, plain gelatin, sports drinks, popsicles).
4. Absolutely nothing by mouth after midnight.
5. The morning of your procedure do not eat or drink anything until your treatment is done.

PREP #3 –SPECIAL PREP:

1. Begin clear liquid diet (i.e. water, broth, plain gelatin, sports drinks, popsicles) the morning before treatment. *NO SOLID FOOD and NO carbonated beverages* the day before treatment.
2. Take two 5mg Dulcolax (generic Bisacodyl) laxative tablets at 8 AM and two 5mg Dulcolax (generic Bisacodyl) laxative tablets at 2 PM as directed the day before treatment.
3. Be sure to drink plenty of clear liquids throughout the day.
4. Absolutely nothing by mouth after midnight.
5. The morning of your procedure do not eat or drink anything until your treatment is done.

It is important to follow these instructions completely. Failure to adhere to pre-op diet instructions will impact the quality of your treatment and could lead to cancellation of your procedure