

Fertility & Midwifery Care Center



Diet preparation for Gynecologic Surgery

It is critical to properly prepare the intestinal tract before your surgery. This is done to make manipulating or positioning the intestinal track during the surgery easier. Most importantly, this bowel preparation regimen would allow for the safe repair of a bowel injury should it occur during the surgery.

On the day before your surgery you are to be on a **liquid only diet**. Examples include juice, tea, coffee, carbonated beverages, gelatin, popsicles, sport beverages and bouillon. ***Specifically, do not consume any milk, dairy or RED products.***

- ♦ **After midnight**, you are to have nothing to eat or drink. You may be instructed to take any medications you regularly take with a small amount of water the morning of your surgery. If you take insulin for diabetes, please make certain you understand how your physician at FMCC wants you to manage this medication on the morning of your surgery.