

*Abilene Physicians Group  
Nicole Koske Bullock, D.O.  
OB/GYN*

Surgery date \_\_\_\_\_ @ \_\_\_\_\_  
Pre-admit Date \_\_\_\_\_ @ \_\_\_\_\_  
Pre-operative appointment with our office \_\_\_\_\_.

Your surgery has been scheduled at Abilene Regional Medical Center. At your pre-admit appointment they will tell you what time to be at the hospital the day of your surgery.

**THE DAY BEFORE SURGERY:**

10oz of Magnesium Citrate; Eat lightly a couple of days before the bowel prep. Eat more fruit and green vegetables and reduce meat and dairy products. This will make it easier for your bowels to empty.

Clear Liquid Diet

Consists of broth, strained fruit juices, plain jello or gelatin; tea, clear carbonated beverages, water, popsicles or Gatorade type drinks (any flavor or color). Also, coconut water may be helpful.

You will need to start drinking the solution the evening before the day of surgery.

(Get magnesium Citrate a couple of days ahead. Follow the instructions on the bottle for mixing. You may place in the refrigerator to get cold prior to drinking.)

**\*NO COFFEE, MILK OR MILK PRODUCTS!**

Nothing to eat or drink after midnight!! (This includes gum or hard candy) The anesthesiologist will cancel your surgery if you eat or drink after midnight.

**INSURANCE AND PATIENT RESPONSIBILITY:**

Our office called and obtained your insurance benefits and will obtain preauthorization if necessary. Your responsibility for this procedure is \$\_\_\_\_\_, made payable to Dr. Nicole Bullock. Please bring the deposit to the office prior to surgery. Please remember your financial responsibility could change once the claim has been finalized by your insurance company.

For any questions about the hospital charges you can call Steve Boney or Trichele Gray at ARMC @ (325) 428-1210 or (325) 428-1205