

## Bowel Preparation for Laparoscopy

You are having a **laparoscopy** (an examination of the abdomen and pelvis using a thin, lighted tube).

When discussing the exam with your doctor:

- Make a list of any medications you are taking and a list of any drug allergies. You may be asked to stop aspirin products or other drugs before the exam.
- Find out which laxative you will be asked to take before the exam and when to take it.
- Ask about the clear liquid diet you will need to follow before the exam. This diet includes plain tea or coffee, sodas, broth, juices without pulp, and, of course, water.

In preparation for many laparoscopic exams, the bowel must be completely empty. This gives the doctor more room to maneuver within the abdominal cavity. If you cannot follow your doctor's instructions to thoroughly clean out the bowel, you may need to reschedule the exam.

When preparing for the exam:

- You will be asked to limit your diet to clear liquids for a certain amount of time prior to the exam. You should drink as much water and clear fluids as possible to help flush out your bowel.
- You may be asked to stop any food or drink, even water, for a certain amount of time before the exam.
- You will be instructed to take a strong laxative and/or give yourself an enema.

Be sure to talk to your doctor if you have questions about the preparation.