

Preoperative Bowel Preparation

Please read and obtain needed supplies prior to starting.

Two days before surgery:

1. No solid foods may be eaten.
2. Drink only a clear liquid diet starting at breakfast. (clear liquids include water, tea and coffee with no added milk or cream, broth, carbonated beverages. Do not eat milk products, solids, or Jell-O.)
3. Take four bisacodyl tablets (i.e., Fleet or Dulcolax) at bedtime.

One day before surgery:

1. Continue drinking a clear liquid diet all day, do not eat solid food.
2. Start to drink one gallon of Golytely (Polyethylene Glycol & Electrolytes) at Noon

Instructions for Golytely:

- Take 240 ml every ten minutes up to four liters or until your fecal discharge is clear and free of solid matter. Rapid drinking of the solution is recommended rather than drinking small amounts continuously.
 - It usually starts to work in 30 to 60 minutes.
 - Take any other needed medications at least one hour before you start the solution.
 - You should fast for three hours prior to ingestion of the solution; clear liquids are allowed after ingestion of the solution.
3. Take 500 mg Flagyl and 1 gm of Neomycin by mouth at 7:00 and 11:00pm
 4. Shower carefully with a strong soap the night before surgery.
 5. Ensure that your umbilical area (belly button) is clean.
 6. Take nothing by mouth after midnight on the day of your surgery. (Remember: No candy, no mints, no chewing gum, and no water)
 7. Follow special instructions for your medications.

Pre-Op Clearance

Pre-operative clearance tells us that you are healthy for surgery. This is obtained from your primary care physician. You will need to contact your primary care physician for him or her to send a letter of medical clearance to our office. In some cases you may also need a letter of clearance from your cardiologist.

