

Bowel Preparation

The purpose of this instruction sheet is to help you proceed through preparation of the colon for surgery. This preparation will greatly improve the chances of avoiding a colostomy (stool bag) and infection. This preparation should be performed **on the day before your surgery**.

You may only have “clear liquids” that day, which include any transparent drinkable liquid. It excludes all solids (even noodles in soup) and milk products. *If you can see light through it, you may ingest it.*

What can I eat and drink while on a clear liquid diet?

- Cranberry, grape and apple juices, strained citrus juices or fruit punch.
- Clear snack drinks like HiC, Koolaid, and most juice boxes
- Mild tea, without cream or milk.
- Mineral, bubbly, or plain water.
- Clear soft drinks like ginger ale, lemon-lime soda, or club soda with most carbonation (fizz) gone (No cola or root beer)
- Clear sports drinks
- Bullion or clear broth (skimmed of fat)
- Plain popsicles. Avoid popsicles with pureed fruit or fiber in them.
- Hard candy.
- Flavored gelatin, such as Jell-O® without fruit.

You should have nothing to eat or drink after midnight prior to surgery.

Take HalfLytely® and Bisacodyl Tablets Bowel Prep Kit as per the instructions that come with the kit. The HalfLytely® is available in Lemon-Lime, Cherry and Orange flavors; you may chill it in the refrigerator.

Take BOTH bisacodyl tablets at 8 am the day before your surgery. After a bowel movement occurs (usually in 1 to 6 hours), begin to drink the solution (you will need to mix it). Even if a bowel movement does not occur within 6 hours, begin to drink the solution. Drink 1 (8 oz) glass every 10 minutes (about 8 glasses). Drink each glass quickly rather than drinking small amounts continuously. A watery bowel movement should begin in approximately 1 hour. Be sure to drink ALL the solution. Most common adverse reactions (<3%) are abdominal pain/cramping, nausea, vomiting and headache.

Take the medications prescribed as directed on the bottle. These include neomycin (1 gram) and erythromycin (1 gram) orally at 1pm, 2pm and 8pm on the day prior to surgery.

If you have any problems, side effects or questions with this preparation, please call the office at 703-717- 4250.