

## 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 will speed your recovery. 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 may not have anything to eat or drink after midnight prior to surgery.

Take Fleets Phosphasoda 30cc (1 ounce) at 8am, the morning prior to surgery.

Take GoLytely or NuLytely 1 liter (1 quart) orally at 1pm, 2pm and 3pm on the day prior to surgery. You may flavor this or chill it with ice or in the refrigerator.

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

Take an enema (tap water or Fleets) at 8pm on the evening prior to surgery.

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