

## BOWEL PREP FOR SURGERY

A "**bowel prep**" is done to prepare the bowel for surgery or a procedure. Its purpose is to clear out the bowel of all solid matter. Please follow these instructions. Begin the bowel prep one day before your scheduled surgery.

**Your surgery date is:** \_\_\_\_\_.

You will need these items from a pharmacy:

- Fill prescriptions for two antibiotics
- **Fleets™ Phosphosoda** (no prescription needed)
- **Fleets™** enema (no prescription needed)

**On the day before your surgery (Date)** \_\_\_\_\_

1. Begin drinking only clear liquids. You should not have any solid food or milk products. These clear liquids are allowed: Water, Strained fruit juices (no pulp), Popsicles, Ice, Soft drinks, Gatorade, Clear broth or bouillon, Jell-O (no red or purple), Kool-Aid, Coffee or tea (no milk or cream)
2. Also you should begin the bowel clean out with the **Fleets™ Phosphosoda**, antibiotics and the **Fleets™** enema. Plan ahead so you will have a bathroom nearby. You may need to get to the toilet right away. You will have several bowel movements through the day. They will become very watery. The bowels are "clear" or clean when there is only pale yellow fluid without flecks of stool.

**Follow this schedule for the bowel prep:**

**10:00 a.m.** Start drinking the **Fleets™ Phosphosoda**. Follow directions when mixing. Add 3 tablespoons of the **Fleets™ Phosphosoda** to a half glass of water or apple juice. Drink 8 ounces of fluid after this. Continue to drink fluids through the day.

**2:00 p.m.** Repeat the dose of **Fleets™ Phosphosoda**

**3:00 p.m.** Take 1 gram of Neomycin and 1 gram of Erythromycin. Follow the dose instructions on the prescription package or bottle.

**4:00 p.m.** Take another 1 gram of Neomycin and Erythromycin. Follow the dose instructions on the prescription package or bottle.

**10:00 p.m.** Take the last dose of Neomycin and Erythromycin. Also, use the **Fleets™** enema. Follow the directions on the package.

**12:00 a.m.** Do not eat or drink anything after 12 midnight. You may gargle at midnight but do not swallow any liquid. Do not smoke after 12 midnight.

**The Morning of the Surgery**

- Take the medicines you were told to take before surgery with small sips of water. If you are not sure which medicines you should take the morning of your surgery, ask your doctor or nurse. If you are not sure, bring your medicines with you to the hospital and ask when you first arrive.
- Bring all medications you usually take (in the original containers) to the hospital with you.

If you have any questions, please do not hesitate to call our office at 485-5700

## HOW TO SURVIVE A BOWEL PREP

Many of us have endured this process before you, and here is what we have learned:

- Prepare yourself mentally! Decide you're going to do it, and just do it!
- 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.
- Some find that the mixture tastes best ice cold. One way to cool it quickly is to put it in the sink with ice all around it.
- You may want to drink the mixture through a straw so the taste goes as far back in your mouth as possible. Drink it as fast as you can.
- As soon as you have drunk the mixture, follow up with something strong tasting, such as your favorite flavored chewing gum, hard candy, or a spoonful of chicken broth to get the taste out of your mouth. Make sure whatever you follow up with is on your physician's list of approved liquids.
- At some point the mixture will begin to "work". This may take some time. It seems to help things along if you drink approved liquids in between the "cocktails". Liquids such as ginger ale, chicken broth, lemonade, apple juice, are usually the most appealing. Remember to check with your physician for a list of what liquids are allowed.
- If you have a tendency to develop hemorrhoids, be sure to have a hemorrhoid cream on hand. It contains a little bit of "local anesthesia" to ease the discomfort. You'll be happy you did so.
- If you feel yourself getting sick after drinking the umpteenth glass, try holding a sachet pillow to your nose, or a handkerchief scented with your favorite perfume or essential oil.
- Stock up on your favorite, easy-to-read books and magazines. You will need something to pass the time away.
- Station yourself near the bathroom. Make yourself a little nest that's a short dash to the bathroom. Have near you the TV, your books and magazines, your bowel prep cocktail, other approved liquids, pillows, and blankets. The urge to go will strike suddenly and without much warning, so be prepared for this little adventure by doing some advance planning. And try to make sure you do not have to share the bathroom with others during this time.

*Good luck! And remember: many have gone before you and survived!*

### SPECIAL NOTE

If you have an adverse reaction to the bowel prep solution, call our office immediately.