

PREMIERE SURGICAL SPECIALISTS

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Bowel Prep Instructions

Your bowel prep will be done the day prior to your surgery. You will need to pick up the medications from your pharmacy. You will want to be at home for this prep – if you need a release from work we will write one for you.

You may have a light breakfast. After breakfast you will start a clear liquid diet. This means no solid foods, no milk or milk products. Examples of clear liquids include water, coffee (black), tea, sodas, Gatorade, apple juice, grape juice, cranberry juice, Popsicles (without filling), broth or bouillon, and jello. You may consume any of these items all the way up until midnight. After midnight you are not to have anything to eat or drink unless specifically cleared by your doctor.

Your first medication is Golytely. Your pharmacy may carry different flavors – ask if you have a preference. Some patients find it easier to drink cold, others prefer it warm – either is okay. You will be given one gallon to drink and you should drink 8 oz. every 10 minutes until it is gone. Begin drinking this sometime between noon and 2 p.m. The purpose of Golytely is to “clean you out” and you will experience diarrhea, usually for several hours. Once the diarrhea is clear, you may start on your antibiotics.

You will be given 2 types of antibiotics and can plan on starting them about 2 to 3 hours after you’ve taken the Golytely. You will take several doses each of these antibiotics. They can be upsetting on an empty stomach so take them with some of the above fluids. You will take one gram of each antibiotic with every dose but most pharmacies carry one-half gram (or 500mg) strengths so you will need to take 2 tablets of each every dose. Take the antibiotics according to the following schedule:

____ Take 3 doses of each antibiotic: one dose at 1 hour, 2 hours and 6 hours after the diarrhea is clear. For example, if the diarrhea is clear by 3 p.m., take first dose at 3 p.m., then a dose at 4 p.m., and the final dose at 9 p.m.

It is important you follow these directions in order to get your bowel as clean as possible. If you are unable to complete the entire prep, you must notify the office as your surgery may need to be rescheduled. If you have any questions about the prep please don’t hesitate to call our office.