

How to prepare for your surgery/procedure

Your surgery is scheduled for:

Day: _____

Date: _____

Questions?

Please call if you have questions or concerns:

- Weekdays between 8:00 a.m. and 4:30 p.m. call the GI Surgery office at 984-974-0150.

- After hours and on weekends and holidays, call the paging operator at 984-974-1000 and ask for the surgery "resident on call" to be paged.

If you are allergic to any of these medications, the prep will NOT be prescribed for you. Please let your physician know of any allergies.

There are two important steps to take to prepare for your surgery:

1. Cleansing of your Colon – All the stool is washed out of your colon.
2. Take antibiotics – Taken by mouth to help prevent infection.

INSTRUCTIONS:

➤ **As Soon as Possible**(at least 2-3 days BEFORE your surgery)

Please buy the following (5) items from a pharmacy

The first two items are antibiotics and require a prescription. Discuss with your doctor which pharmacy you will pick these up from.

1. Erythromycin pills - 1 gram, 3 doses **OR** Flagyl pills – 500mg, 3 doses - (antibiotic)
2. Neomycin pills -1 gram, 3 doses - (antibiotic)

The last 3 items can be picked up without a prescription (they are laxatives and work to cleanse your colon).

3. 4 Dulcolax® 5 mg tablets
4. 238 gm of Miralax® (8.3 ounce bottle)
5. 64 oz of Gatorade® (not red)



**In addition to the 64 oz. of Gatorade you need to purchase, you will be provided two (2) Gatorade 12 ounce cans to drink as instructed after the bowel prep is complete.*

(Instructions continue on back side of paper)



9am - Take
4 Dulcolax
tablets



11am -
Drink
Miralax in
64oz of
Gatorade



2pm -
Take 1st
dose of
Antibiotics



3pm -
Take 2nd
dose of
Antibiotics



Evening -
drink 1
12oz
Gatorade



10pm -
Take 3rd
dose of
Antibiotics



Midnight -
Do not eat
or drink
anything

➤ 1 day before your surgery/procedure

1. Do **NOT** eat any solid food.
Do **NOT** drink unfiltered juices such as apple cider.
Drink only clear liquids such as juice, black coffee, tea, sports drinks, soda pop, Jell-O, water.
(Please refer to handout from the pre-care suite for more details).
2. Starting at **9:00 a.m.** take 4 Dulcolax® tablets with 2 glasses of clear liquid.
3. **11:00am** – Mix whole bottle of Miralax® in 64oz of Gatorade® and drink one 8oz glass every 15 minute until gone.
4. When you have finished the Miralax®, *drink at least 4 glasses of clear liquids of your choice.* You will start experiencing diarrhea anywhere between 30 minutes to 3 hours after completing the Miralax®. Keep drinking plenty of clear liquids throughout the day. This will keep you from getting dehydrated from the diarrhea.
5. Take your antibiotics by mouth at these times after you complete the Miralax®:
 - At **2 p.m.**: Take Erythromycin(1 gram) **and** Neomycin(1 gram)
 - At **3 p.m.**: Take Erythromycin(1 gram) **and** Neomycin(1 gram)
 - At **10 p.m.**: Take Erythromycin(1 gram) **and** Neomycin(1 gram)
6. In the evening drink one (1) of the 12oz Gatorades given to you.
7. Do **NOT** drink (or eat) anything *after 12 midnight* other than as directed by the pre-care suite.

➤ The day of your surgery

1. On the morning of your surgery, **only** take the medicines that the Pre-Care Suite told you were OK to take. Take them **only** with a sip of water.
2. At the time you check in for surgery, drink one (1) of the 12oz Gatorades given to you.

Special Instructions

-Please be sure you make your surgeon aware if you have diabetes, your diabetic medications may need to be adjusted.
-If you feel dizzy or have severe nausea, vomiting or abdominal pain, or if you cannot finish drinking the bowel prep, please call the GI clinic office (984-974-0150) or your surgeon.
-If you have any life-threatening symptoms including: Wheezing, Chest tightness, Fever, Swelling of your face, lips, tongue or throat - Call 9-1-1 right away.