

SURGERY BOWEL PREP

TWO DAYS BEFORE SURGERY

- ⊖ Continue the 10 day liquid diet (if instructed to do so) or start clear liquids (if not on 10 day liquid diet) with breakfast (juice, water, broth, Jell-o etc., see guide for more suggestions).
- ⊖ No CARBONATED beverages.

ONE DAY BEFORE SURGERY

Stay on a clear liquid diet the entire day. No CARBONATED beverages allowed.

The **Phospho-soda**, **Mineral oil** (over the counter) and **antibiotics** (prescription) we recommend purchasing in advance. We suggest starting the bowel prep early in the day.

1. Start with **Fleet® Phospho-soda®** (one 1.5 oz bottle) as early in the day as possible (if not on the 10 day liquid diet then you have to take two 1.5oz bottles). Try to drink all of it as fast as you can tolerate. It should start taking effect after 45 to 60 minutes.
2. Three hours after Phospho-soda started working, take 30cc (4 Tbsp) of **Mineral Oil**.
3. At 5:00 p.m., 6:00 p.m., and 11:00 p.m., take 1gm of **Erythromycin** and 1gm of **Neomycin**.

After Midnight, nothing to eat or drink!!

THE MORNING OF SURGERY

You may take your meds with a small sip of water. Take all your heart, blood pressure and asthma medications as discussed with the surgeon. Diabetics! - if you are on insulin, we suggest taking 1/3 to 1/2 of your usual dose that morning, monitor your sugars more closely. Avoid taking oral agents.

Remember to bring your CPAP or BIPAP and all your meds with you to the hospital!!

The antibiotics - Erythromycin and Neomycin are known to cause nausea, and possible vomiting. If you are experiencing these symptoms and are unable to tolerate them you may skip one dose and try it again with the next dose. If you are still having difficulty you may skip the antibiotic that is causing your nausea or vomiting.