

Lap-Band Bowel Prep

TWO DAYS BEFORE SURGERY

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

ONE DAY BEFORE SURGERY (consider a half work-day)

Continue with the 10 day liquid diet or the clear liquid diet (For more suggestions please refer to the diet nutrition guide). Eating solid food during a bowel prep defeats the purpose of the bowel prep.

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

Purchase **one, 1.5 ounce bottle of Fleet® Phospho-soda®** in advance. Available over the counter in most grocery and drug stores (If you are not on the 10 day liquid diet then you will need **two 1.5 ounce bottles of Phospho-soda**).

Start the Phospho-soda early in the afternoon. Follow the directions provided on the box. Try to drink all of it as fast as you can. It should start taking effect after 45 to 60 minutes.

REMEMBER - Nothing to eat or drink after midnight.

MORNING OF SURGERY

No coffee or tea in the morning. **REMEMBER** nothing to drink or eat after midnight.

Take prescribed medication with a small sip of water. Take all heart, blood pressure and asthma medications as discussed with surgeon. If taking Coumadin, Plavix or Heparin, arrangements for their discontinuation should have been made with your surgeon prior to surgery.

Remember!! Bring all your medications with you to the hospital, and your CPAP or BIPAP machine if you have one.

Diabetics!! Do not take oral agents the day of your surgery. If on insulin take 1/3 to 1/2 of your regular dose, monitor your sugars. Discuss with surgeon if necessary.