

# Instructions for Bowel Preparation For Colon & Rectal Surgery with Antibiotics

## \*\*\*\*\*Why do I need to follow these instructions carefully?\*\*\*\*\*

Cleansing your bowels with NuLytely and antibiotic pills before surgery decreases your risk of infection. Please read the entire document below about how to perform your bowel preparation correctly.

## \*\*\*\*\*What supplies do I need to prepare in advance?\*\*\*\*\*

### Buy the following items at least 2 days before surgery or sooner

1. **NuLytely Bowel Prep** (We will give you a prescription for this.)
2. **Neomycin and Flagyl (metronidazole) antibiotics** (We will give you prescriptions for these.)

You will get: • **6 (six) 500-milligram Neomycin tablets** • **AND 3 (three) 500-milligram Flagyl (metronidazole) tablets. DO NOT DRINK ALCOHOL WITH THIS MEDICATION**

3. Clear liquid items for your diet the day before surgery, such as Gatorade, Jell-O, broth, some juices, soft drinks, Italian ice, etc. (see list below).

4. **Carbohydrate drink: Buy at least 36 oz. of No Sugar Added, 100% pure white grape juice.** *There are some commercially available products that serve the same purpose. They are called **Clearfast Pre-op drink (white drink grape flavored) or Ensure Pre-Surgery, Clear carbohydrate drink.** You can purchase them at a local pharmacy or on Amazon. You may need to buy a 64 oz. bottle or 2 (two) 32 oz. bottles of this juice. This specific drink has been shown to decrease pre-op (before surgery) discomfort by reducing anxiety, hunger, and thirst. More importantly this will decrease post-op (after surgery) nausea and vomiting, and may shorten your hospital stay.*

5. Other items that may be helpful include: drinking straw for drinking the prep fluid, baby wipes, TUCKS® pads, etc. **These are optional.**

## \*\*\*\*\*What are my instructions for the day before surgery?\*\*\*\*\*

**The entire day before surgery you will take a clear liquid diet – no solid food. See the list below for what is allowed.**

Clear Liquid Diet Instructions Allowed liquids: • Clear Liquid Diet Instructions • Water (plain, carbonated, or flavored) • Sports drinks (such as Gatorade) • Clear broth such as bullion or consommé (chicken, beef) • Soda pop including cola, 7-up, Sprite, ginger ale • Jell-O any color • Coffee and teas (without cream or milk added) • Kool-Aid or Crystal Lite • Apple juice, grape juice, cranberry juice (fruit juices without pulp) • Hard candies • Sugar or sugar substitute • Popsicles without milk, bits of fruit, seeds or nuts • Italian ices

### What is Not allowed:

• Milk, cream • Orange juice, tomato juice, grapefruit juice • Alcohol • Any liquid you cannot see through.

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## Avoiding Dehydration:

You must drink at least 6 (six) large glasses of clear liquids the day before surgery, in addition to the prep liquid and a clear liquid breakfast, lunch, and dinner. You may drink more, if you desire. This will prevent dehydration.

## Instructions for Bowel Prep

### Follow this timeline the day before surgery:

- **Breakfast:** Clear liquid diet. You may drink any amount in any combination from the list above.

- **7 am**

Put the NuLytely bowel prep liquid in the refrigerator to chill. It is easier to drink when it is cold.

- **9 am – noon**

Drink the NuLytely liquid. The correct way to do this is to quickly drink an 8-ounce glass every 10 minutes until it is completely gone. Since there are 4 liters of the NuLytely, this will take about 3 hours. •

- **1 pm**

Take neomycin (2 tablets/1 gram) and Flagyl (1 tablets / 500mg ). •

- **2 pm**

Take neomycin (2 tablets/1 gram) and Flagyl (1 tablets / 500mg ).

- **2 pm - 6 pm**

Continue drinking 8 oz. clear liquids every hour to avoid dehydration. •

**6pm Dinner:** Clear liquid diet (any combination/any amount).

- **7 pm - 10 pm**

Drink 24 ounces of the carbohydrate drink (100% pure, no sugar added, white grape juice).

- **10 pm** Take neomycin (2 tablets/1 gram) and Flagyl (1 tablets / 500mg ).

- **12 midnight**

Nothing to drink or eat after midnight, except for the carbohydrate drink (white grape juice) and water.

# **Instructions for Bowel Preparation For Colon & Rectal Surgery with Antibiotics**

## **\*\*\*\*\*What are my instructions for the day of surgery?\*\*\*\*\***

### **Morning of Surgery On the morning of surgery SEE below**

Drink 12 oz. of the carbohydrate drink (white grape juice). **You need to finish this 3 hours before your scheduled surgery time.** This means you may need to drink it on your drive to the hospital, depending on the time of your surgery. If you are on a fluid restriction, include this amount of juice in your restriction. You must not eat or drink anything else except for water and the juice mentioned above. You will be asked to stop water or juice approximately two hours prior to arrival for surgery.

### **Colon cleansing tips:**

1. Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.
2. Continue to drink the prep solution every 10-15 minutes, as directed. Drinking the NuLytely cold (over ice or refrigerated) may be easier. Some people also find it easier to drink it with a straw.
3. Rarely, people may have nausea or vomiting with the prep. If this occurs, give yourself a 30-minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
4. It is common to experience abdominal discomfort until the stool has flushed from your colon (this may take 2 to 4 hours and sometimes much longer).
5. Anal skin irritation or a flare of hemorrhoid inflammation may occur. If this happens, treat it with over-the-counter-remedies, such as hydrocortisone cream, baby wipes, Vaseline, or TUCKS® pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories. Colorectal Surgery Bowel Preparation Plus Antibiotics - 5 –

## **\*\*\*\*\*When do I need to call the doctor?\*\*\*\*\***

Notify a doctor if you have any of the following conditions while taking the bowel preparation: • Rectal bleeding • Muscle cramps or pain • Weakness or dizziness • Abdominal pain • Vomiting

## **\*\*\*\*\*Who do I call if I have questions?\*\*\*\*\***

If you have questions or concerns, contact Dr. Singh's office @ 623-226-4025

**It is very important that you follow these instructions carefully. Thank You!**

***Important; Please fill in your prescriptions at least 5-7 days before the procedure as your pharmacy may not have all the prescriptions available. These Prep instructions are for Colon and Rectal surgical procedure not for colonoscopy.***