

McLaren Print System Order

Order No: 19495
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User: Charlene Hammond
Phone: 1Central

Ship Location: McLaren Flint- 1Central Quality Management-ATTN: Charlene Hammond
401 S. Ballenger Hwy.
Flint, Michigan, 48532

Forms
Quantity: 100
Paragon Dept No: 91650
Dept Name: Quality Management
Company Number: 60

Order Total Price: 47.90

Item Number: M-34632
Item Description: Colon Prep Education Sheet - Mattingly
Revision Date: 1/2016
Print: 1 sided full color
Paper: 20# White Text
Size: 8.5 x 11
Fold:
Finish: None
Drill: None
Misc Info:



Preparation for Colon Surgery at McLaren – Flint

In order to undergo a safer colon surgery, it is recommended that the patient undergo "bowel prep" the day before surgery. This is a process of cleaning the colon to remove the stool and bacteria from it in order to reduce the risk of infection after surgery.

The bowel prep includes three steps:

1. Liquid diet the day before surgery.
2. Mechanical bowel cleanses that "flushes out" the colon.
3. Oral antibiotics to reduce the amount of bacteria in the colon.

Instruction for colon preparation:

1. **Liquid Diet:** The day before surgery, do not eat any solid food. You may take a "clear liquid" diet that consists of juice with no pulp (such as apple, white grape, grape, cranberry, prune), Gatorade, carbonated soda, Jell-O, low fat bouillon, coffee and tea with no milk, popovers, and water. **Liquids that are NOT permitted include milk, orange juice, chicken noodle soup.** In general, any liquid that contains no solid particles, and that you can see through is permitted. Make sure you take enough liquids to keep yourself well hydrated.
2. **Bowel Cleanses:** Your surgeon will prescribe one of a few different bowel cleanses. All of them work to remove the stool from your bowels. You should stay close to a bathroom while you undergo the cleanse because you will have diarrhea. Your stool should be yellow and mostly clear (resembles urine) by the end of the prep. Please continue to drink clear liquids, in order to remain well hydrated. Try to completely drink whichever bowel cleanse your surgeon prescribes for you before you begin taking the oral antibiotics.
3. **Oral Antibiotics:** Once you have finished the bowel cleanses, take the antibiotics that have been prescribed to you by your doctor. These should be taken on the schedule prescribed to you by your doctor (usually at 3 PM, 4 PM, and 10PM).

As with any major surgery, do not eat or drink anything after midnight the night before surgery except as directed by your surgeon or Pre-Admission Testing staff.

Medications may be taken with a small sip of water. You may take your usual medications with a small sip of water on the morning of surgery, unless you are instructed not to do so by your doctor or the Pre-Admission Testing staff.

Spec Info: