



## FLINT

### 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 cleanse 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, popsicles, 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 Cleanse:** 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 cleanse, 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.



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### **Colon Cleanse:**

Start at noon the day before surgery. Try to complete as much of the colon cleanse as possible before the antibiotics are to be taken. Remember to only take clear liquids the day before surgery. Take the oral antibiotic pills as directed (at 3:00 PM, 4:00 PM, and 10:00 PM).

- **Golytely/Nu-lytely**

1. At 9:00 AM the day before surgery, mix Golytely according to the instructions on the container. Cool the Golytely in the refrigerator.
2. Begin drinking Golytely/Nu-lytely (chilled) at 12:00 noon (drink 8 oz. every 15 minutes for a total of 4 liters).
3. After a clear liquid dinner, drink only water until midnight before your surgery. This will prevent dehydration from the laxative.
4. Take the oral antibiotic pills as directed (at 3:00 PM, 4:00 PM, and 10:00 PM).

Feelings of bloating and/or nausea are common after first few glasses of Golytely/Nu-lytely because of the large volume of fluid ingested. This is temporary, however, and will disappear once the bowel movements begin.

- **Miralax**

1. Buy one Miralax powder container (527 grams).
2. Buy one 64 oz. bottle of Gatorade.
3. At 12:00 PM mix 527 gm bottle of Miralax with the 64 oz. bottle of Gatorade and drink one 8 oz. glass every 15 minutes until completed.
4. Drink clear liquids throughout the day. Drink at least four 8 oz. glasses of clear liquids between 6:00 PM and 10:00 PM, but feel free to drink as much clear liquids as you want until midnight.
5. Take the oral antibiotic pills as directed (at 3:00 PM, 4:00 PM, and 10:00 PM).

- **Magnesium Citrate**

1. Buy two 10 oz. bottles of Magnesium Citrate.
2. Buy one box of Dulcolax laxative tablets.
3. At 12:00 PM drink one bottle of magnesium citrate over 30 minutes.
4. At 1:00 PM take two Dulcolax tablets by mouth.
5. At 3:00 PM drink one bottle of magnesium citrate over 30 minutes.
6. At 4:00 PM take two Dulcolax tablets by mouth.
7. Drink clear liquids throughout the day. Drink at least four 8 oz. glasses of clear liquids between 6:00 PM and 10:00 PM, but feel free to drink as much clear liquids as you want until midnight.
8. Take the oral antibiotic pills as directed (at 3:00 PM, 4:00 PM, and 10:00 PM).

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### **Antibiotics:**

You will receive a prescription for two different types of oral antibiotics. These should be taken on the prescribed schedule (3:00 PM, 4:00 PM, and 10:00 PM). Tell your surgeon if you have an allergy or intolerance to either of the antibiotics prescribed to you.

Take both antibiotics at: 3:00 PM, 4:00 PM, 10:00 PM.

- Neomycin 1000 mg
- Erythromycin 1000 mg

### **OR**

- Neomycin 1000 mg
- Metronidazole (Flagyl) 500 mg