Bowel Preparation
Pre-Operative Instructions

What is a bowel preparation?
Bowel preparation ("bowel prep") is done to prepare the bowel for surgery or a procedure. Its purpose is to clear out the bowel of all solid matter.

What will I need for bowel preparation?
- Gatorade®
- Miralax®
- Ducolax®
- Neomycin®
- Erythromycin®
- Fleets® Enema

How to I prepare my bowel for surgery?
The bowel prep instructions are below. We know this is a difficult process, but it is very important that the bowel is prepared well prior to surgery.

Bowel preparation protocol:

<table>
<thead>
<tr>
<th>Diet:</th>
<th>Start a clear liquid diet on: ________________</th>
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<tbody>
<tr>
<td>Laxative Medications:</td>
<td>Miralax®: 4 capfuls in 32 ounces of Gatorade</td>
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<tr>
<td></td>
<td>Take these medications on:________</td>
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<td>At: <em><strong>:</strong></em>_ AM / PM</td>
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Additional Medications:  

| Neomycin®: 250-500 mg (1:00pm, 3:00pm, 7:00pm) |
| Erythromycin®: 250-500 mg (1:00pm, 3:00pm, 7:00pm) |
| Take these medications on: ________ |

Fleets® Enema:  

| Administer this enema on: ________ |
| At: _____:____ AM / PM |

**Morning of the surgery: Date of Surgery _____________**

| Diet: | Nothing to eat or drink |
| Medications: | Review your current medications with the pre-operative nurse |

- The goal is to have tea colored stool with small flecks of stool present
- You will receive a call from the pre-operative nurse the day before your procedure. They will review when you will need to stop drinking and which current medications you need to take the morning of the surgery.

**What is acceptable to drink on a clear liquid diet?**
- Carbonated beverages (lemon-lime soda, cola, ginger ale)
- Sports or energy Drinks (Gatorade®, Propel®, Vitamin Water®)
- Hot or cold coffee or tea (do not add milk or creamers of any type)
- Kool-Aid® or fruit drinks with no pulp or pieces
- Apple, cranberry, grape, or other clear fruit juices
- Water
• Plain or flavored gelatin (do not add fruit or toppings)
• Clear popsicles or frozen juice bars made from clear juices (no sherbets or fruit bars)
• Clear soup (low-sodium and fat-free broth or bouillon)

Avoid: All other food or drinks

When should I call the doctor?
Call us if you have any questions or concerns.

What is the contact information?
If you have any question, problems or concerns call the Pediatric Surgery clinic from 8-5:00pm Monday thru Friday, 734-764-4151. After 5:00pm or on the weekends if you have urgent issues call hospital paging at 734 936-4000 and ask the operator to page the Pediatric Surgeon “on call”.

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