



# Bowel Preparation Pre-Operative Instructions

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## 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®
- Docolax®
- 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:

Diet:	Start a <b>clear liquid diet</b> <b>on:</b> _____
Laxative Medications:	<b>Miralax®:</b> 4 capfuls in 32 ounces of Gatorade <b>Docolax®:</b> 2 Tablets <b>Take these medications on:</b> _____ <b>At:</b> ____:____ AM / PM

Additional Medications:	<b>Neomycin®:</b> 250-500 mg (1:00pm, 3:00pm, 7:00pm) <b>Erythromycin®:</b> 250-500 mg (1:00pm, 3:00pm, 7:00pm) <b>Take these medications on:_____</b>  <b>Fleets® Enema:</b> <b>Administer this enema on:_____</b> <b>At: ____:_____ AM / PM</b>
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**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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