



# Preparation for Colon Surgery

by Dr. Jose Erbella

<b>Procedures</b>	<b>Colectomy, Laparoscopic Colectomy, Low Anterior Resection, APR</b>	
<b>Why am I doing this?</b>	A "bowel prep" is done to prepare your large bowel (colon) for your surgery. Its purpose is to clear out the bowel of all solid matter and minimize the bacteria to make your surgery as safe as possible. Please follow these instructions carefully & call us with any questions or concerns.	
<b>One week before surgery:</b>	<ul style="list-style-type: none"> <li>• Stop aspirin &amp; any aspirin containing products.</li> <li>• Begin a low fiber diet - Avoid eating bran &amp; whole grain cereals, beans, raw fruits &amp; vegetables, cabbage, nuts, raisins, or seeds (e.g. sunflower or sesame seeds).</li> </ul>	
<b>2 days before surgery:</b>	<b>Do not eat solid foods.</b> Drink <b>clear liquids</b> only (clear broth, consomme', bouillon, tea, coffee, kool aid, gatoraide, carbonated drinks, apple or grape juice, jello, water, popsicles, & hard candy).	
	<b>You will need these items from your pharmacy:</b> <ul style="list-style-type: none"> <li>• Fill prescriptions for two antibiotics (erythromycin &amp; neomycin).</li> <li>• Fleets Enema (no prescription needed).</li> <li>• Bowel Prep chosen below (no prescription needed).</li> </ul>	
<b>The day before surgery:</b>	<b>Drink clear liquids only up to midnight.</b>	
	<b>Begin Bowel Prep (Antibiotics + Prep)</b>	
	<b>Take oral antibiotics</b> (erythromycin & neomycin) as directed @ 3, 4, & 10pm.	
	<input type="checkbox"/>	<b>Fleet Phospho-soda Prep:</b> <ul style="list-style-type: none"> <li>• Buy two 1.5 oz bottles of Fleets Phospho-soda.</li> <li>• Mix one bottle with 4 oz. of water and drink at 10am.</li> <li>• Drink second bottle in 4 oz. of water at 2pm.</li> <li>• Follow each dose with at least three 8 oz. glasses of water (or more if desired).</li> </ul>
	<input type="checkbox"/>	GoLYTELY Prep (begin at 10am & drink an 8-ounce glassful every 10-15 minutes until bowel movements are clear or 4 liters are consumed).
	<input type="checkbox"/> for diabetics:	NuLYTELY Prep (begin at 10am & drink an 8-ounce glassful every 10-15 minutes until bowel movements are clear or 4 liters are consumed).
<ul style="list-style-type: none"> <li>• <b>Do not eat or drink after midnight.</b></li> <li>• Fleets Enema 1-2 hours before bedtime.</li> </ul>		