



Preparation for Colon Surgery

by Dr. Jose Erbella

Procedures	Colectomy, Laparoscopic Colectomy, and any Bowel Surgery
Why am I doing this?	A “bowel prep” is done to prepare your large bowel (colon) for your surgery. It’s purpose is to clear out the bowel of all the 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. 941-896-4788
One week before surgery:	<ul style="list-style-type: none"> • Stop aspirin & any aspirin containing products and any other blood thinners. • Begin a low fiber diet – avoid eating bran & whole grain cereals, beans, raw fruits and vegetables, cabbage, nuts, raisins, or seeds (e.g. sunflower or sesame seeds).
	<p>You will need these items from your pharmacy:</p> <ul style="list-style-type: none"> • Fill prescriptions for two antibiotics (erythromycin & neomycin) • Dulcolax laxative (any generic bisacodyl 5mg tablets are a fine substitute) • Miralax powder (17.9oz container) • Baby Wipes (use them each time to wipe and they will help prevent irritation)
The day before surgery:	<p>Do not eat solid foods! Drink clear liquids only (lemonade, clear broth, consommé, bouillon, tea, coffee, kool aid, Gatorade, carbonated drinks, apple or grape juice, jello, water, popsicles, & hard candy).</p>
	<ol style="list-style-type: none"> 1. Drink clear liquids only up to midnight. 2. Begin Bowel Prep at 10am. Mix Miralax 17g (one capful) in 8oz. of any clear liquid. Begin drinking at 10am & drink an 8oz. glassful every 20-30 minutes. Drink at least 8 glasses, or more if needed, until bowel movements are clear. 3. Take one Dulcolax laxative pill at 10am and another one at 2pm. 4. Take oral antibiotics (erythromycin & neomycin) as directed @ 12pm, 1pm, & 7pm
	DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT