



BOWEL PREPARATION INSTRUCTIONS FOR ANORECTAL SURGERY

For best results, please follow these instructions.

Your surgeon is planning an operation on the anus and/or surrounding area. The following are instructions to prepare you for surgery. These include dietary and activity instructions as well as bowel preparation/cleansing, the purpose of which are to reduce your chances of infection after surgery and to speed up recovery.

Surgery will be on _____

What You Will Need to Purchase:

- Two 4.5oz Fleet Enema bottles. This can be purchased over the counter at any pharmacy and does not require a prescription.

1. DIET

- Regular Diet the day before surgery
- **After midnight – DO NOT EAT, DRINK, CHEW GUM, OR SMOKE.**

2. MECHANICAL BOWEL PREPARATION

- On day of surgery
 - Use 2 Fleet enemas 30 minutes apart before coming to hospital. Follow the instructions on the bottle. Make sure you have evacuated the enema contents prior to driving to the hospital.

3. MISCELLANEOUS

- Avoid alcohol intake 1 week before surgery.
- Avoid cigarette smoking 4 weeks before surgery.
- The night before or morning of surgery – Shower or bathe with soap and water. Do not apply makeup or wear any jewelry. Do not shave the surgical site. Please remove nail polish and artificial nails.

If you have any questions, please call our office at 818-484-8049.