



BOWEL PREPARATION INSTRUCTIONS FOR COLON AND RECTAL SURGERY
For best results, please follow these instructions.

Your surgeon is planning an operation to surgically remove a portion of the large intestine. 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 post-operative recovery.

Surgery will be on _____

What You Will Need to Purchase:

- One 4.1oz bottle of MiraLax powder. This can be purchased over the counter at any pharmacy and does not require a prescription.
- Ensure Pre-Surgery Clear Carbohydrate Beverage (2 count) (available on Amazon.com at <http://amzn.to/3bMuZca>).
- (Optional) Impact Advanced Recovery Supplement (15 count) (available on Amazon.com at <http://amzn.to/1SPRmI9>).

1. DIET

- (Optional) Drink Impact Advanced Recovery – 8oz three times a day for 5 days before surgery along with a regular diet.
 - *There is evidence that suggests that supplementation decreases infections and improves recovery*
- On day before surgery, eat a normal breakfast and lunch. Begin a liquid diet after lunch (all liquids are fine including clear and non-clear). Please drink plenty of water and caloried liquids. The following are examples:
 - Juices, shakes, broth, gelatin, sport drinks, coffee, tea and carbonated soda drinks.
- Drink 1st bottle of ClearFast on day before surgery after lunch.
- Drink 2nd bottle of ClearFast at approximately 3 hours before surgery. You may drink this before coming in for your scheduled surgery but DO NOT drink within 2 hours of your scheduled procedure.
- **After midnight – DO NOT EAT, DRINK, CHEW GUM, OR SMOKE WITH THE EXCEPTION OF CLEARFAST BEVERAGE.**

2. MECHANICAL BOWEL PREPARTION

- On day before surgery
 - At 4pm, dissolve 2oz of MiraLax in 12oz of clear fluid (may use Clearfast below) and drink.
 - At 6pm, dissolve the remaining 2oz of MiraLax in 12oz of any clear fluid and drink again.
 - Please make sure you are near a restroom.

3. ORAL ANTIBIOTICS

On day before surgery

- At 1:00 PM: Take Flagyl 500 mg and Neomycin 1000 mg.
- At 4:00 PM: Take Flagyl 500 mg and Neomycin 1000 mg.
- At 7:00 PM: Take Flagyl 500 mg and Neomycin 1000 mg.

4. 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.