



## **BOWEL PREPARATION INSTRUCTIONS FOR OFFICE-BASED ANORECTAL PROCEDURES**

**For best results, please follow these instructions.**

Your surgeon is planning a procedure of 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.

Procedure 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
- **NO SOLID FOOD** the morning of your appointment. You may continue to drink liquids.

### 2. MECHANICAL BOWEL PREPARATION

- On day of appointment.
  - Use 2 Fleet enemas 30 minutes apart before coming to clinic. Follow the instructions on the bottle. Make sure you have evacuated the enema contents prior to driving to the clinic. It is best to do this 1-2 hours before your appointment.

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