



BOWEL PREPARATION INSTRUCTIONS FOR COLON AND RECTAL SURGERY

For best results, please follow these instructions.

Your surgeon is planning an operation on your 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:

- 2 bottles of **Magnesium Citrate**. This can be purchased over the counter at any pharmacy and does not require a prescription.
- **ClearFast PreOp Beverage** (2 count) (available on Amazon.com at <http://amzn.to/1St13FL>).
- (Optional) **Impact Advanced Recovery Supplement** (15 count) (available on Amazon.com at <http://amzn.to/1SPRml9>).

1. DIET

- 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 caloric 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 any time 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.
- (Optional) Drink Impact Advanced Recovery – 8oz three times a day for 5 days before surgery along with a regular diet.
- **After midnight – DO NOT EAT, DRINK, CHEW GUM, OR SMOKE WITH THE EXCEPTION OF CLEARFAST BEVERAGE.**

2. MECHANICAL BOWEL PREPARTION

- On day before surgery, drink 2 bottles of Magnesium Citrate after lunch when it is socially convenient (for example at 3pm and 6pm). Please make sure you are near a restroom.

3. ORAL ANTIBIOTICS

- 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.