



BOWEL PREPARATION INSTRUCTIONS FOR TRANSANAL SURGERY

For best results, please follow these instructions.

Your surgeon is planning an operation to surgically remove a small portion of your rectum internally. The following are instructions to prepare you for surgery. These include dietary and activity instructions as well as bowel 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:

- One 4.1oz bottle of MiraLax powder. This can be purchased over the counter at any pharmacy and does not require a prescription.
- Two 4.5oz Fleet Enema bottles. This can be purchased over the counter at any pharmacy and does not require a prescription

1. DIET

- On DAY BEFORE surgery, eat a normal breakfast and lunch.
- Begin a liquid diet after lunch (all liquids are fine). Please drink plenty of water and caloric liquids. The following are examples:
 - Juices, shakes, broth, gelatin, sport drinks, coffee, tea and carbonated soda drinks.
- **After midnight – DO NOT EAT, DRINK, CHEW GUM, OR SMOKE.**

2. MECHANICAL BOWEL PREPARATION

- On DAY BEFORE surgery
 - At 4pm, dissolve 2oz of MiraLax in 12oz of clear fluid (water, juice or sports beverage) 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.
- 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. ORAL ANTIBIOTICS (FROM YOUR PHARMACY):

- At 2:00 PM: Take Flagyl 500 mg and Neomycin 1000 mg.
- At 5:00 PM: Take Flagyl 500 mg and Neomycin 1000 mg.
- At 8:00 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.