

PREP INSTRUCTIONS FOR BOWEL SURGERY

Medications:

- You will need to stop all blood thinners/anti-coagulants prior to the procedure and you must discuss this with your prescribing physician to avoid serious complications.
- Stop all aspirin products or non-steroidal medicines (i.e. Motrin, Advil, Aleve, Daypro, Relafen, Celebrex, Ibuprophen, Naprosyn) at least seven days before the procedure.
- Stop Vitamin E at least seven days before the procedure.
- Stop all iron supplements 3-4 days before the procedure.
- If you are diabetic, check with your doctor as you may need to adjust your medications or insulin.
- If you are on any diet supplements or herbal supplements, please notify us well in advance. Some of the above mentioned need to be discontinued for up to two weeks prior to your surgery.

Diet:

- Start a clear liquid diet n the morning the day before your procedure. (clear liquids are those you can see through and do not have particles or pulp ~ for example: Coke, Pepsi, 7-UP, Sprite, or other clear sodas, **NOTHING RED!**)
- Plain tea or coffee (you may add sugar, but **not milk or cream or powdered creamers**)
- Jell-O
- Clear broth (beef, or chicken)
- **Do not eat or drink anything after midnight the day of the procedure.**
- If you must take prescription medications in the morning, use only small sips of water to get the medication down.
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Laxative and Medication Instructions:

- You will take the laxatives and the antibiotics, which will be ordered by your surgeon, the day before your procedure.
- The laxatives produce watery stools, which cleanse the bowel before the surgery.
- You may feel bloated or distended before the bowels start to move.
- SEE THE ATTACHED SHEET OR PACKAGE INSERT FOR SPECIFIC INSTRUCTIONS ON HOW TO TAKE THE LAXATIVES.

Schedule for Antibiotics:

- You will take 1 dose (1 gram) of Neomycin – take this any time the day before your surgery.
- You will take 3 doses (1 gram each) of Erythromycin – **take one dose at 1 pm, one dose at 3 pm and the final dose at 6 pm.**

If for any reason you have trouble completing the colon preparation, or if you have any questions, please contact our office at 815-744-0330.