

# BOWEL PREP INSTRUCTIONS (SURGERY)

## PEG PREP

You will need to purchase the bowel prep powder from your local pharmacy (A prescription will be called into your pharmacy)

Bowel prep powders: (Choose one of the following):

- PEG 3350 with Electrolytes
- Colyte
- Golytely
- Nulytely
- Trilyte

### **DAY ONE = one day prior to your Surgery**

<b>7:00 am</b>	Begin clear liquid diet. Absolutely <b>NO</b> solid food or alcohol
<b>2:00 pm</b>	Mix the bowel prep solution in a one gallon jug according to the directions. Shake until dissolved. Chill if desired. Use within 48 hours.
<b>4:00 pm</b>	Start to drink the solution. Drink (1) 8oz. glass every 15 minutes over a two hour period. Drink each glass quickly rather than drinking small amounts continuously. Continue to drink clear liquids the remainder of the evening.

### **DAY TWO = day of Surgery**

1.	Beginning at 12:30 am, take nothing by mouth. The only exception to this is your regular medications. For use of your medications the day of your surgery, refer to the orange medication instruction sheet enclosed.
2.	Call (585-461-2498) if you have any questions regarding any of these instructions.
3.	Arrive at your assigned time.

- One hour before leaving home, use one Saline Fleet Enema (generic brand OK to use) **(if box checked only)**

**CLEAR LIQUIDS (NO ALCOHOL): \*Do not drink any liquid that is RED\***

- Water
- Clear juices (apple, white grape juice, orange drink, white cranberry juice)
- Black coffee or tea (no creamers) sugar OK
- Bouillon or clear broth
- Soda pop (Sprite, Ginger-ale, Mountain Dew), Gatorade (no red)
- Jell-o (no red), popsicles (no red), Lemon Ice

**BOWEL PREP TABLETS: (any of these brands)**

*These are the PILLS to take at the start of your bowel prep*

- Bisacodyl (Generic)
- Dulcolax
- Dulcogen
- Alophen
- Bisco-lax
- Carters Little Pills
- Colax
- Fleet Bisacodyl
- Modane

**DO NOT USE STOOL SOFTENERS**

**RE-HYDRATION (SPORT) DRINKS: Two 32 oz bottles \*NO RED DRINKS\***

- *This is the liquid used to mix with the powder (below)*
- Powerade (contains less sugar than Gatorade)
- Powerade zero (even less sugar, best for diabetics)
- G2 (same amount of electrolytes as Gatorade, just less calories)
- W-sport drink (Wegmans brand)
- AllSport
- HydraLife powder
- Gatorade

**BOWEL PREP POWDER**

*This is the powder to mix with the liquid (above)*

- Glycolax
- PureLax
- ClearLax
- Miralax

**Please Note:**

- Please wear socks as it sometimes can get cool in the procedure room.
- No nail polish on fingers only (you do not need to remove acrylic nails). The nail polish may interfere with the oxygen sensor that is placed on your finger.
- Diabetics may use Powerade Zero as it contains less sugar than regular Powerade.