

# INPATIENT SURGICAL CONSULTANTS

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## BOWEL PREP INSTRUCTIONS

1. In the morning of the day before surgery, have a light breakfast consisting of anything from the clear liquids list, one egg or small portion of a skinless low fat meat. After this, you may only have clear liquids. You may not eat or drink anything after midnight the evening prior to surgery.
2. At 11 a.m. the day before surgery take the first bottle of Fleet's Phospho-soda. Mix contents of one bottle of Fleet's Phospho-Soda in two glasses of a cold clear liquid. Drink over 15-20 minutes.
3. Drink two more glasses of clear liquids over the next 3 hours.
4. At 2 p.m., repeat the Fleet's Phospho-soda. Mix the contents of the second bottle of Fleet's phosphosoda in two glasses of a cold clear liquid and drink over 15-20 minutes. If you do not have a bowel movement after the first dose, do not take the second dose and call the office.
5. At 3 pm, 4 pm and 10 pm take the oral antibiotics. At each time you will take Neomycin 1000mg (1g) and Flagyl 500 mg.
6. After completing both doses of the Fleet's Phospho-soda, be sure to drink at least 4 more glasses of clear liquid before going to bed. You may drink more if you'd like.
7. Call the office if you develop dizziness, infrequent urination or vomiting.
8. The following drinks are considered "clear" liquids:

Water	Hydration drinks (Gatorade, etc)
Soft drinks (diet or regular)	Kool Aid
Lemonade ( no pulp)	Tea or coffee (no milk or nondairy creamer)
Chicken/beef broth/bouillon	Hard candy
Jell-O (no fruit or toppings)	Popsicles (no ice cream, sherbet or fruit bars)
Strained fruit juice without pulp (apple, white grape, cranberry, orange)	