

## **PREOPERATIVE BOWEL PREP INSTRUCTIONS**

### **COLORADO SPRINGS SURGICAL ASSOCIATES**

The purpose of a bowel prep is to cleanse the bowel of particulate material and decrease the number of bacteria in the colon. The reason for this is to attempt to decrease the number of infectious complications of colon surgery. There are many different regimens in use. The prep we most commonly prescribe is the HalfLytely and Bisacodyl tablets prep listed below.

#### **HalfLytely and Bisacodyl tablets prep**

- **One day prior to surgery** --- begin the morning with clear liquids only, and drink only clear liquids from this point onwards. these include any liquids you can “see through,” such as water, tea, Gatorade, beef or chicken broth, 7-Up, and any juice that does not contain pulp, such as apple, cranberry, or grape juice. It is very important to stay hydrated, so drink as much as you like.
- **In the morning (about 7-8 AM)** --- Take 2 bisacodyl delayed-release tablets with water. Do NOT chew or crush the bisacodyl tablets. Do not take the bisacodyl tablets within 1 hour of taking an antacid.
- **Mix the HalfLytely solution** --- Add lukewarm drinking water to top of line on bottle. Cap the bottle and shake to dissolve the powder. The mixed solution will be clear and colorless. Use within 48 hours (it may be prepared the evening before the prep and chilled in a refrigerator). Do not add anything else, such as flavorings, to the solution.
- **Starting no later than noon, drink 1 (8 oz) glass every 10-15 minutes (about 8 glasses)** --- Drink each glass quickly rather than drinking small amounts continuously. A watery bowel movement should begin in approximately 1 hour. Be sure to drink ALL the solution. This will cause diarrhea, which may generate hemorrhoidal discomfort; having some “Tucks” or an equivalent will be helpful. You will still have loose bowel movements for about 1 to 2 hours after you finish drinking the solution. The prep may make you feel slightly bloated. You will become more comfortable as you start to have periodic bowel movements.

- **You will be given antibiotic tablets to take at different times through the day:**
  - Erythromycin Base – take four (4) 250mg tablets at 1 PM, 2 PM, and 9 PM (total of 12 tablets).
  - Neomycin Sulfate – take two (2) 500 mg tablets at 1 PM, 2 PM, and 9 PM (total of 6 tablets).
- You will also be given 2 Phenergan suppositories, which may be used if you become nauseated. To use the suppository, unwrap it and insert it into the rectum; if one is not effective after 30-45 minutes, use the second suppository.
- Continue to drink plenty of clear liquids until midnight. **Take nothing by mouth, either solid or liquid, after midnight** (if your surgery is scheduled in the afternoon, the anesthesiologist may allow a glass of water prior to 8 AM; the preoperative clinic will instruct you on this). If instructed to do so by your surgeon, you may take your usual morning medications with a sip of water.
  - Medications to take on the morning of surgery:

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