



Bowel Prep Instructions for Dr. Imegwu & Dr. Seenivasan

Three (3) Days Prior to Surgery

- Full Liquid Diet (see sample)

Two (2) Days Prior to Surgery

- Full Liquid Diet (see sample)

One (1) Day Prior to Surgery

- Clear Liquid Diet (see sample)
- Drink one (1) gallon of Go-Lytely starting at 12 noon. You must drink the ENTIRE gallon over a period of four (4) hours. If you start to experience nausea, take a small break. It helps to take the Go-Lytely along with clear liquids to rid some of the taste. The maximum amount of time you can extend the drinking of the bowel prep is five (5) hours. You NEED to be done by 5 pm in order to ensure a clean bowel for a successful surgery
- Take two (2) Erythromycin Base 500 mg tablets at 1pm, 2pm and 9pm
- Take two (2) Neomycin 500 mg tablets at 1pm, 2pm and 9pm

Morning of Surgery

- Do not eat or drink anything
- You may take any daily prescribed medications with the exception of diabetic medication and blood thinners with a small sip of water

Full Liquid Diet

Food Group	<u>Items Allowed – NO RED COLORED BEVERAGES</u>
Diary	Any type of milk, milkshakes, eggnog, plain yogurt, protein supplements, ice cream, custard and pudding
Breads/Grains	Farina, Oatmeal, Cream of Rice and Cream of Wheat
Fats/Oils	Margarine, Butter and Cream
Beverages	Coffee, Tea, Lemonade, Sports Drinks (Gatorade), Carbonated Beverages, All Juices
Sweets/Desserts	Sherbet, Hard Candy, Gelatin, Fruit Ice Pops, Honey and Syrup

Full Liquid Diet

Food Group	<u>Items To Avoid</u>
Diary	All cheese
Meat	All
Vegetables	All whole raw or cooked vegetables
Fruits	All whole raw or cooked fruits
Breads/Grains	All other cereals and bread
Fats/Oils	All others in solid form
Beverages	None
Sweets/Desserts	Cakes, cookies and pies

Clear Liquid Diet

Items Allowed – NO RED COLORED BEVERAGES

Water: Plain or Flavored

Juice: Apple, Clear Cranberry, White Grape, Sports Drinks (Gatorade)

Carbonated Drinks: Sprite, 7UP, Ginger Ale, Seltzer and Tonic Water

Broths: Chicken and Beef

Jello: All Flavors (except red)

Sherbet, Gelatin, Popsicle: All Flavors (except red)

Tea: with or without lemon and sugar - **NO MILK**

Coffee: With or without sugar - **NO MILK**