

Preparation for Same Day Surgery



You are scheduled for ambulatory or same day admission surgery. Since you will not be in the hospital on the day before the procedure, you will need to prepare for the operation at home. You will need to do this preparation on the afternoon before the procedure starting at 2:00 PM. Do not try to start later in the day. Please follow these instructions as closely as possible since poor preparation may mean canceling the procedure or an increased risk of complications.

I. Diet

A **Clear Liquid Diet** should be followed the day before your procedure.

NO SOLID FOOD. DO NOT DRINK OR EAT ANYTHING RED OR PURPLE.

Beverages:

- Soft drinks (ginger ale, Sprite, 7 Up), Gatorade, Kool-Aid
- Strained fruit juices without pulp (apple, white grape, orange, lemonade)
- Water, tea, coffee (no milk or non-dairy creamer)

Foods

- Soups - Low sodium chicken or beef broth/bouillon
- Jell-O (not red)
- Popsicles (no sherbet or fruit bars)
- Hard candies

Drink your three meals and as much liquid between meals as you can. If you are constipated, use this clear liquid diet for two days prior to the procedure.

Do not drink or eat anything within 8 hours of surgery. If your surgery is early in the morning, **do not drink or eat anything** after 10:00 PM the night before. If your surgery is late in the day, you may drink clear liquids until **8 hours** before you arrive at the hospital. You *must* be fasting when you come to the hospital.

II. Medications

If you have regularly prescribed medicines, ask your physician whether or not you should take them before surgery. If instructed to do so, take your medication with a sip of water.

Unless otherwise specified, you should not take aspirin, dipyridamole (Persantine), ibuprofen (Advil, Motrin, etc.), Aleve, or other non-steroidal anti-inflammatory medications (NSAIDs) for 10 days before your surgery. These medications interfere with platelet function and increase the risk of bleeding complications.

If you are on anticoagulation medications such as warfarin (Coumadin), clopidogrel (Plavix), or dabigatran (Pradaxa) ask your doctor if you should continue them before surgery.

If you are diabetic, take one half of your normal insulin or oral diabetes medication dose on the day *before* surgery, and do not take any diabetes medications the day of your surgery.

III. Bowel preparation

Starting at 2:00 PM on the afternoon prior to your procedure, you will need to perform one of the following preparations to clean out the bowel.

Miralax Prep

Buy

- 4 Dulcolax laxative tablets
- 1 Miralax powder container 255 gm
- 1 bottle of Gatorade 64 ounces, flavor of your choice but no red color

2:00 pm Take 1 Dulcolax tablets by mouth

4:00 pm Mix entire 255 gram bottle of Miralax with the 64 oz bottle of Gatorade. Drink all of the solution over the 1.5- 2 hours (about 1 glass every 15 minutes).

8:00 pm Take 2 more Dulcolax tablets with glass of water.

MoviPrep

Buy with prescription – Moviprep: Contains 4 pouches (2 of Pouch A and 2 of Pouch B)

2:00 pm Empty Pouch A and Pouch B into a 1 liter disposable container. Mix to dissolve.

Drink full liter. The MoviPrep container has 4 marks. Drink the solution to the next mark every 15 minutes until it is gone.

Drink 2 additional full glasses (8 oz each) of water or another clear liquid of your choice.

6:00 pm Repeat as above with the second set of pouches followed by an additional 2 full glasses (8 oz each) of clear liquids.

Magnesium Citrate Prep

Buy

- 2 bottles of magnesium citrate 10 oz
- 4 Dulcolax laxative tablets

2:00 pm Drink 1 bottle of magnesium citrate over 30 minutes.

3:00 pm Take 2 Dulcolax tablets by mouth.

5:00 pm Drink 1 bottle of magnesium citrate over 30 minutes.

6:00 pm Take 2 Dulcolax tablets by mouth.

Between 6:00 pm and 10: 00 pm drink at least 4 glasses of clear liquids.

Golytely Prep

Buy with prescription – You will receive 1 large container with powder inside.

12:00 pm Mix the Golytely according to instructions on the container. Place in the refrigerator.

6:00 pm Start drinking the Golytely mixture (1 glass every 15 minutes) until gone.

Continue clear liquid diet until 10:00 PM.

Clear Liquids Only Prep

Includes ileostomy patients)

- Follow the Clear Liquid Diet above.
- Drink 2-3 quarts of water and clear Gatorade or diet soda during the afternoon.
- Do not eat or drink anything for 8 hours before surgery.

□ Antibiotics

In some cases, antibiotics by mouth should be taken. Neomycin and metronidazole (Flagyl) tablets should be taken at 5:00 PM, 6:00 PM and 10:00 PM. If you are allergic to or intolerant of either of these medications, let us know.

IV. The morning of the procedure

If you are not completely cleaned out (your stools are not watery and straw-to-clear colored), administer a Fleet Phosphosoda enema 1-2 hours prior to leaving home.

Lie on your left side with your left leg straight and your right leg drawn up. After removing the enema from the box, remove the green cap. Insert the lubricated tip of the bottle gently into your anus all the way to the bottom of the slender tip and squeeze out the contents of the bottle. Then, remove the cap from the bottle, refill it with luke warm tap water and administer this in the same way and in addition to the Fleet enema to double the volume of fluid placed in the rectum and distal colon. This improves the effectiveness of the enema. Retain the enema fluid for as long as you can up to 5 minutes, then expel it in the toilet.

V. Arrival

Please arrive at the Surgery Reception Area at least **one hour and 30 minutes** before the time of your scheduled procedure (do not plan on arriving later than this, regardless of what others may tell you). Procedures scheduled for 7:30 AM generally start on time. Procedures scheduled after this are given an approximate starting time but this may vary considerably depending on the time required for the preceding procedures and other events such as emergencies. It is just as common for a procedure to be moved up to an earlier time as it is to be delayed. We will try to call and let you know whenever possible so that your plans may be adjusted. For this reason, it is important that you let us know what are your best contact numbers including home and cell phones.

VI. Questions

If you have any questions or problems, call your doctor. If you experience problems outside of office hours or on weekends call the hospital page operator and ask for the physician on call for Colon and Rectal Surgery. If you cannot wait, come to the Emergency Room.

VII. Cancellations

If for any reason you are unable to keep this appointment, please notify us as soon as possible. For questions or to change your appointment call our office at 312-942-7088.

Patient information materials developed in the Section of Colon and Rectal Surgery at Rush University Medical Center. The information contained in this brochure is believed to be accurate; however, questions about your individual health should be referred to your physician.

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