

## Preparing for Your Colon Surgery

The date of your surgery is:

The type of procedure you are having is:

### The day before the procedure:

#### 1- Bowel Prep

Please start clear liquid diet the day before the surgery

Use the GoLytely prep as directed. In addition, you will be taking antibiotics to help clean the colon scheduled as follows:

At 1 pm take 1 gram of neomycin and 1 gram Flagyl (metronidazole).

At 3 pm take 1 gram of neomycin and 1 gram Flagyl (metronidazole).

At 11 pm take 1 gram of neomycin and 1 gram Flagyl (metronidazole).

Drink water and Gatorade throughout the prep to stay hydrated.

2- Do not shave the skin next to the surgical site as this can increase the risk of infection.

3- You can proceed with your normal activities up until surgery.

4- Bring loose fitting clothing with you for your stay in the hospital.

5- DO NOT take any medications that affect the clotting system for 7 days prior to the operation. These medications include blood thinners, vitamin E, NSAIDs (ibuprofen, naproxen) and aspirin. You may continue to take Tylenol if needed.

6- If you wear contacts, glasses, hearing aids or dentures, please bring them with you to the hospital as well as the appropriate storage case.

7- Do not eat or drink anything after midnight the day before your procedure.

8- You can take medication(s) as discussed with your surgeon and the anesthesia team the morning of the surgery with a small sip of water.

9- Anesthesia will be talking to you separately about any other restrictions.

Thank you and do not hesitate to call the office if you have any questions.

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