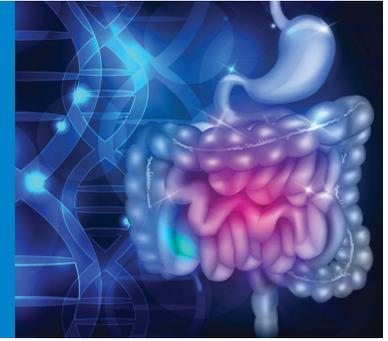


# Your Guide to Bowel Prep



You can help prevent infection by preparing your bowels before surgery. Your colon needs to be free of stool with fewer bacteria than usual. If your colon is not sufficiently clean, your surgeon may need to reschedule your procedure.

If you get sick before surgery (fever of 101.5°F, cough, cold, etc.), please call the Prepare Clinic at 415-885-7670.

## Before Surgery

- Fill prescriptions a few days before your surgery:**

- **Moviprep**<sup>®</sup> (powdered mix) OR **Golytely**<sup>®</sup> (liquid solution) OR **SUPREP**<sup>®</sup>
- **Neomycin** sulfate (antibiotic tablets)
- **Metronidazole** (antibiotic tablets)
- **Zofran**<sup>®</sup> (anti-nausea tablets)

If you are using **Miralax**<sup>®</sup> for your prep, you can purchase over the counter.

- Make sure you have a container of Boost Breeze (8oz) or Gatorade (12oz) regular, with sugar** or other clear carbohydrate drink such as Ensure Clear (8oz) or Clearfast (12oz).

Do NOT take if you are diabetic.

- Starting the day before surgery, follow the bowel prep instructions** on opposite side of this page.

## Ask Your Surgeon



### **Will I be able to complete my bowel prep while traveling to UCSF?**

No. You will need immediate access to a toilet for your bowel prep, which you will complete the day before your surgery. Please plan your travel accordingly.



### **Sometimes I experience constipation. Will the bowel prep still work?**

Most people complete the bowel prep the day before surgery but if you tend to be constipated, it's a good idea to start your bowel prep sooner, up to 2-3 days before surgery. If you're not sure, contact us.



### **Why do I need to drink Boost Breeze/ Gatorade?**

Boost Breeze is a clear carbohydrate drink that decreases the stress of surgery by providing your body glucose during the operation. It is available for free at our clinic. You can purchase these or a substitute at a drugstore or on Amazon.com. You will NOT take this if you are diabetic because it may increase your glucose levels.



### **I prefer the prep I did for my colonoscopy, can I do that instead?**

Yes you can, but some bowel preps are not on our formulary. They are difficult for us to prescribe and some may not be covered by your insurance.



### **Why do I need to take antibiotics?**

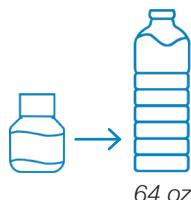
Surgery preparation also involves decreasing the bacterial load so antibiotics must be included during your bowel prep. They have been shown to decrease the risk of infections following colon surgery.

## Day Before Surgery

**7am** Begin a clear liquid diet. Do not eat any solid foods.

If you are taking...

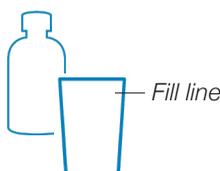
**Miralax®**



Mix 1 bottle (238-gram) of polyethylene glycol (MiraLAX) into one 64-ounce bottle/pitcher of any clear liquid.

**8am** If you are taking...

**SUPREP®**



Pour ONE 6-ounce bottle of SUPREP® liquid into the mixing container. Add cool water to the 16 oz. line on the container and mix. Drink ALL the liquid in the container over 1 hour. Drink two more 16-ounce glasses of water over the next hour (1hr).

**Moviprep®**



Empty the contents of 1 pouch A and 1 pouch B into Moviprep container. Add lukewarm water to the fill line. Mix to completely dissolve.

Drink 8 oz every 15 minutes until done (1hr). Then drink 16 ounces of any clear liquid.

This timing is important to allow the Moviprep to wash down the colon at a consistent rate.

When you're finished, drink at least 32 ounces of clear liquids. You should expect diarrhea within 1 hour.

**GoLytely®**



Powder medication should be given with a 4-liter bottle. Add water to fill line on the 4-liter container to dissolve powder.

Drink 8 ounces every 15 minutes until completed (four hours).

**Miralax®**



Drink 8 ounces every 15 minutes until completed (2 hrs).

Follow up with an additional 32 ounces of any clear liquid once completed.

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## 10am If you are taking...

**Moviprep® OR SUPREP®** Repeat for the second dose.

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## 1pm Take your first dose of antibiotics by mouth:

**TWO neomycin** (500mg) and **TWO metronidazole** (500mg). Follow with one glass of water.

If you experience nausea, you can take one tablet (4mg) of **Zofran** by mouth every 8 hours, but *only* as needed.

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## 3pm Take your second dose of antibiotics, following same instructions as your first dose.

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## 10pm Take your third dose of antibiotics, following same instructions as your first and second doses.

You may continue to drink clear liquids until 2 hours before you arrive at the hospital.

# Surgery Day

**2hr** Two hours before you arrive at the hospital, **drink one container of Boost Breeze or Gatorade** (if you are not diabetic)

**Do not eat or drink ANYTHING after this.**

## What is a clear liquid diet?

A clear liquid diet consists of **liquids you can see through**, consumed at room temperature. The purpose is to give your gastrointestinal (GI) tract a rest before surgery.

It's important to stay well hydrated during your bowel prep, so please drink many of the allowed liquids.

### Allowed:

- ✔ Water
- ✔ Clear broth (beef or chicken)
- ✔ Gatorade or other clear sport drinks (regular, with sugar)
- ✔ Carbonated drinks, including dark sodas like cola, root beer
- ✔ Tea or coffee (without milk or cream)
- ✔ Gelatin (without fruit)
- ✔ Popsicles (without fruit or cream), Italian ices, hard candy
- ✔ Clear fruit juices without pulp (apple, grape, cranberry)
- ✔ You may use salt, pepper, and sugar

### Not allowed:

- ✘ Milk, cream, milkshakes, smoothies
- ✘ Soup, other than clear broth
- ✘ Oatmeal, cream of wheat, grits
- ✘ All ice cream, gelato
- ✘ Orange, grapefruit, or tomato juice; fruit nectars