

**Colon and Rectal Clinic of East Texas**  
**Advanced Surgical Associates of East Texas**

**BOWEL PREP for SURGERY**

A “**bowel prep**” is done to prepare the bowel for surgery or a procedure. Its purpose is to clear out the bowel of all solid matter. Please follow these instructions. Begin the bowel prep one day before your scheduled surgery.

**Your surgery date is:** \_\_\_\_\_.

You will need these items from a pharmacy:

- Fill prescription for Erythromycin and Neomycin antibiotics
- Bowel Prep (HalfLyte® & Bisacodyl tablets)
- Fleets™ enema – no prescription needed

**On the day before your procedure (Date)** \_\_\_\_\_.

1. Stay on a Clear Liquid diet.

These clear liquids are allowed: Water, Strained fruit juices (no pulp), Popsicles, Ice, Soft drinks, Gatorade, Clear broth, Jell-O (no red/purple), Kool-Aid, Coffee or tea (no milk or cream)

2. **12:00 PM:** Mix HalfLyte® solution & refrigerate to chill.

3. **2:00 PM:** Take 2 Bisacodyl tablets.

4. **3:00 PM:** Take 1 gram of Neomycin and 1 gram of Erythromycin. Follow the dose instructions on the prescription package or bottle.

5. **4:00 PM:** Take another 2 gram of Neomycin and Erythromycin.

**Start drinking HalfLyte® solution.**

6. **10:00 PM:** Take the last dose of Neomycin and Erythromycin. Also use the Fleets™ enema. Follow the directions on the package.

7. **12:00 AM: Do not eat or drink anything after 12 midnight.** You may gargle at midnight but do not swallow any liquid. Do not smoke after 12 midnight.

The Morning of the Surgery

- Take Fleets™ enema 2 hours before leaving the house for surgery. Follow directions on package.
- Take the medicines you were told to take before surgery with small sips of water. If you are not sure which medicines you should take the morning of your surgery, ask your doctor or nurse. If you are not sure, bring your medicines with you to the hospital and ask when you first arrive.
- Bring all medications you usually take (in the original containers) to the hospital with you.

Please not the following:

- Stop aspirin and any anti-platelet medication for 5 days before the procedure, unless otherwise specified by your physician.
- You may take regular non-aspirin medications as usual.
- If on Coumadin, or if you are a diabetic, please consult your physician.
- If on arthritis medication or any new medications, check with physician for specific instruction.

**Arrival time will be given to you by hospital. Please be prompt.**

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