



## Bowel prep for colon surgery

### Day before surgery:

#### 1. Clear liquid diet

- Soups:** Fat free, clear chicken, beef, vegetable or bone broths; consume, bouillon
- Juice:** All strained (no pulp) fruit juices, except prune juice. Apple and grape juice may cause gas in some patients
- Deserts:** Gelatin (without milk or fruit; Italian ices; popsicles
- Beverages:** Water and ice chips, plain tea (without milk or creamer) black coffee (without milk or creamer); clear fruit flavored beverages (Gatorade, G2, propel etc.); carbonated beverages (Sprite, Coke etc.)
- Misc:** Salt; sugar; honey; syrup; clear hard candy
- Supplement:** Clear liquid oral nutrition supplements (Boost breeze), Ensure Clear or Premier Protein Clear

2. Drink 1 gallon Golytely in the late morning as directed on the bottle over 4-6 hours. (Prescription will be given)
3. Neomycin 1 gram by mouth at 1pm, 3pm, 6pm (prescription will be given. Flagyl 500mg by mouth at 1pm, 3pm and 6pm (prescription will be given)

### Day of surgery:

1. Nothing to eat
2. Take medications as directed
3. Drink 8 oz bottle Gatorade – you MUST finish this 3 hours before your scheduled operation