

GENERAL AND SURGICAL ONCOLOGY SPECIALISTS OF CENTRAL PA



PATIENT EDUCATION

Bowel Prep Instructions for Major Intestinal or Colon Surgery

PREP SOLUTION:

Half-Lytely Prep Kit: Fill prescription for Half-Lytely at your local pharmacy. It will come as a kit, and they offer different flavors. Instructions on how to prepare and take the solution will be enclosed. The kit includes the oral prep solution and Dulcolax (Bisacodyl) tablets.

The Day Before Surgery: You may have a regular diet for breakfast and lunch unless otherwise directed. Read the instructions included in the Half-Lytely Prep kit. Take the Dulcolax (Bisacodyl) tabs @ 1:30 p.m. Begin drinking the HalfLytely solution @ 3 p.m and drink until complete. Continue to drink **clear liquids** only until bedtime. **DO NOT RESUME A REGULAR DIET UNTIL DIRECTED TO DO SO BY DR. CONTER OR HIS ASSOCIATES.**

The Day of Surgery: Arrive at the hospital 2 hours prior to your scheduled operative time.

If surgery is in the morning, have NOTHING TO EAT OR DRINK AFTER MIDNIGHT. If surgery is the following afternoon, Dr. Conter, his associates or anesthesia will let you know at your pre-op visit when is the latest time you are able to have something to drink and what you may have.

ANTIBIOTICS

Two different antibiotics are usually prescribed. Both antibiotics are taken together until completed at 1 p.m., 5 p.m. and 9 p.m. the day before surgery.

CLEAR LIQUIDS

Clear liquids allowed include: carbonated beverages (with & without caffeine), black coffee, tea, decaffeinated beverages, fruit flavored drinks, plain gelatin (Jell-O), popsicles, fruit juices, clear broth, bouillon and clear hard candy.

Foods NOT allowed include: Dairy products of any sort, popsicles with fruit and juices with pulp.