

BOWEL PREPARATION FOR DR. A. SHELTON AND DR. M. WELTON

- 1) EUA/Seton Placement/Hemorrhoidectomy/Anal Fistula, etc.
 - **No diet restrictions** day before surgery
 - **Two Fleet enemas**
 - If AM case:** one enema two hours after dinner the night before and one enema the morning of the procedure
 - If NOON/PM case:** Two enemas the morning of procedure, an hour apart from each other
 - **Nothing to eat or drink after midnight**
 - **Nothing to eat or drink day of procedure** until after the procedure is completed. Take all other prescribed medications as instructed with a very small amount of water

- 2) All Bowel cases, perineal rectosigmoidectomy, mucosal advancement flap, sphincter repair, rectocele repair, transanal excision of rectal tumor, etc.
 - **Day before procedure:**
 - **Have a light breakfast** (see diet instructions on back)
 - **Remain on a clear liquid diet for the remainder of the day** (see diet instructions on back)
 - **If you are under the age of 65:**
 - Take 1 ½ oz **Fleet phospho-soda** at 2 PM and 1 ½ oz at 6 PM
 - **If you are over the age of 65 OR have heart, lung, or kidney problems,**
 - Take **Golytely** 4 liters by drinking 8 oz every 10 to 15 minutes until finished. Begin this preparation at 4 PM
 - **Nothing to eat or drink after midnight**
 - **Nothing to eat or drink the day of procedure.** Take all other prescribed medications as instructed with a very small amount of water

- 3) Patients with ileostomy
 - **No bowel preparation necessary**
 - **Nothing to eat or drink after midnight**
 - **Nothing to eat or drink the day of procedure.** Take all other prescribed medications as instructed with a very small amount of water

- If you have any questions or concerns, please don't hesitate to call the nurse coordinator at 650-725-9772.

- **Purchase appropriate laxative two days before procedure**
 - **Fleet enemas** available over the counter at any drug store. No written prescription is necessary. Follow manufacturer instructions.
 - **Oral Fleet phospho-soda laxative** available over the counter at any drug store. No prescription is necessary. Mix Fleet phospho-soda per manufacturer instructions. Suggestion in preparing Fleet phospho-soda: mix 1 ½ oz of phospho-soda with at least 4 oz of cold clear liquid (ginger ale, apple juice, Sprite, or 7-Up helps improve the taste) and drink. Follow with an 8 oz glass of clear liquid. You may then drink all the clear liquids you wish.
 - **Golytely laxative** available by prescription only. Have your physician supply you with a written prescription for Golytely or supply your physician with pharmacy phone number to call in Golytely prescription into your pharmacy. Prepare Golytely 4 liters per pharmacy/manufacturer instructions. You may then drink all the clear liquids you wish.
 - **Individual response to laxatives vary.** Preparation results may take affect anywhere from 30 minutes to 3 hours. Remain close to bathroom facilities as multiple bowel movements may occur.

CLEAR LIQUID DIET GUIDELINES

Light Breakfast: may include any ONE of the following

- Any items from clear liquid diet list
- One boiled or poached egg
- Small portion of skinless chicken/turkey or fish
- Toast or bagel – very light butter
- Cream of wheat – very light butter, very little milk
- One 8 oz can of Ensure, **DO NOT TAKE ENSURE PLUS**

Clear Liquid Diet List:

Do not drink or eat anything with red or purple coloring. Red/purple food coloring can leave a residue in the bowel that resembles blood. Keep this in mind when purchasing Jell-O, Popsicle's, hard candy, drinks, etc.

- Beverages:
 - Water, coffee, or tea (no milk or non-dairy creamer)
 - Strained fruit juices with no pulp (apple juice, white grape juice, lemonade)
 - Soft drinks/Sports drinks (ginger ale, cola, Sprite, 7-Up, Gatorade)
- Soups:
 - Chicken or Beef bouillon/broth, low sodium, fat free
- Desserts:
 - Jell-O (lemon, lime, orange, NO fruit, NO toppings)
 - Popsicle's (NO sherbets, NO fruit bars)
 - Hard candies

NO SOLID FOODS ALLOWED INCLUDING MILK/MILK PRODUCTS