

## **BOWEL PREPARATION INSTRUCTIONS FOR COLORECTAL SURGERY**

Operations and procedures on the colon and rectum can be safely performed if some special precautions are taken. As you can imagine, the colon and rectum are filled with bacteria. If we were to operate on a colon filled with stool, the risks for infection would be very high. As a result, patients who undergo emergency surgery on the colon or rectum will frequently require a colostomy (diversion of stool into a bag through the abdominal wall) at the time of their initial surgery. Other procedures such as Barium Enema (x-ray visualization of the colon) and colonoscopy require complete evacuation of the colon to allow adequate visualization of the areas of concern. None of these evacuation procedures are pleasant and no one wants to go through them more than once. It is in your best interest to follow your instructions regarding your Bowel Prep (evacuation procedure) to make your surgery or procedure as safe and as effective as possible.

There are several ways to clean out your colon. A few years ago this process required three days of clear liquid diet along with three days of enemas and laxatives. Today this can be accomplished in a few hours safely and more effectively.

Most x-ray tests can be performed after a preparation with a strong laxative. The radiology department will decide what the best prep is for you. Please follow their instructions closely.

Sigmoidoscopy and perianal procedures, such a hemorrhoidectomy, can be performed after cleansing of the rectum with a simple “over the counter” enema such as a “Fleets enema”.

Colon and/or rectal surgery and colonoscopy will require full cleansing of the entire colon. This is best accomplished by drinking a solution which cleanses your colon. We recommend that you start this at 12:00 noon the day prior to your procedure. Drink 8 ounces of the fluid every ten minutes until the entire quantity is consumed. You will begin having loose bowel movements within an hour or two. Patients generally find that chilling the solution in a refrigerator helps make it more drinkable. It may be unpleasant to consume, but it is the simplest and most effective way to prepare (clean out) the colon for surgery or colonoscopy, and hopefully will prevent you from requiring a colostomy.

### **Other pre-operative instructions are listed below:**

DIET: on the day prior to surgery

Clear liquids only, nothing to eat or drink after midnight.

PREP:

TriLyte bowel preparation solution - Begin drinking TriLyte solution (chilled) at 12:00 noon (drink 8 ounces every ten minutes until entire 4 liters of solution is consumed.)

ANTIBIOTICS: (Prescription required)

Neomycin 1gm and Erythromycin 1gm by mouth at 1:00pm, 3:00pm, and 10:00pm.  
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