

20 Tower Court, Suite A
Gurnee, IL 60031
(847)244-3525

Surgeons of Northern Illinois

Michael F. Scheer, M.D., F.A.C.S.

Daniel A. Liesen, M.D., F.A.C.S.

Amit Parikh, D.O., F.A.C.O.S



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**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.
- Neomycin 500mg and Erythromycin 500mg by mouth at 1:00pm, 3:00pm, and 10:00pm.

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What can I eat and drink while on a clear liquid diet?

Beverages (drinks):

- Clear juices (such as apple cranberry, or grape), strained citrus juices or fruit punch.
- Mild tea, without cream or milk.
- Mineral, bubbly, or plain water.
- Clear soft drinks like ginger ale, lemon-lime soda, or club soda. (No cola or root beer.)
- Clear sports drinks

Soup:

- Clear broth, bouillon, or consommé.

Desserts:

- Plain popsicles. Avoid popsicles with pureed fruit or fiber in them.
- Hard candy.
- Flavored gelatin, such as Jell-O without fruit.

Other:

- Sugar, honey, jelly or syrup.
- Herbs, mild seasonings, or salt.

What should I avoid eating and drinking while on a clear liquid diet?

Beverages:

- Any beverage that you cannot see through.
- Beverages containing alcohol.
- Dairy products such as milk, hot cocoa, buttermilk, and cream.
- Fruit smoothies, nectars, fruit juices with pulp and prune juice.
- Tomato and vegetable juices.

Soup and desserts:

- All other soups besides broth, bouillon, or consommé.
- All other desserts not listed above.