

BOUNDARY TRAILS HEALTH CENTRE

BOWEL SURGERY PREPARATION

Laxatives used to clean out your bowels: PegLyte & Dulcolax (bisacodyl) 5 mg Tablets

- Both of these medications are available over the counter at most pharmacies.

48 hours before you take your bowel prep, you may **NOT** eat cabbage, corn or fruits with peels (especially no grapes).

Two (2) days before the procedure: at 5:00 PM,

- take two (2) **Dulcolax (bisacodyl) 5 mg tablets.**

The day before the procedure:

Date: _____

- Do not eat any solid foods
- Drink only clear fluids. These are liquids you can see through. See back side of this page for complete list of options.
- **PegLyte** is available as a 4 litre jug or a box of 4 sachets. Either product may be used. Mix the jug of PegLyte with 4 litres of water OR mix all 4 sachets with 1 litre of water for each sachet. Refrigerate after mixing.
- Starting at 2:00 PM drink 2L over 2 hours. Then at 6pm drink the other 2L over 2 hours.
- If you feel nauseous, slow down the intake of the prep. Take a glassful every 20-30 minutes and have a bit of a different drink in between glasses of prep. Try to have the prep finished by 8:00 PM.
- You may take Gravol (25 to 50 mg) if the nausea continues. Gravol may make you drowsy.

Turn page over for more instructions:

The day of your surgery:

Date: _____

- You may drink clear fluids up until 2 hours prior to your arrival at the hospital the morning of your surgery. **Do not eat any solid foods or milk products.**
- Bring a list of your current medications.

Diabetic patient: Please **DO NOT** take diabetic pills on the day of your bowel preparation or the morning of your procedure. If you are on insulin, check with your family doctor as you may need to reduce your dose on the day of the preparation. **DO NOT** take your insulin the morning of your surgery, but bring it with you.

Important consideration:

Some medications will increase your risk of bleeding with surgery and so you should:

- **Stop** Ibuprofen, Advil, arthritis medications, Vitamin E as well as herbal medications **5 days before your surgery.**
- **Warfarin** or other **blood thinner medications** - discuss with your anesthetist, at least a week before surgery, how to manage these medications.
- **ASA (Aspirin)** - Discuss with your anesthetist whether you need to stop this before surgery. If you are not seeing the anesthetist till the day of surgery then discuss with your family doctor if you need to stop the ASA 5 days before surgery.
- If you have had a previous **cardiac stent** you should not stop your ASA.

<u>Fluids that are okay</u>	<u>Food and Fluids that are NOT okay</u>
<ul style="list-style-type: none">➤ Clear soup broth or bouillon➤ Apple juice, white grape juice, white cranberry juice➤ Clear or lemon Gatorade/Powerade➤ Ginger ale and water➤ Coffee or tea (sugar and sweetener are okay)➤ Popsicles (not red or purple)➤ Lemon or orange jello	<ul style="list-style-type: none">➤ No bread, grain or rice➤ No soups with chunks of food➤ No meat➤ No fruit or vegetable s➤ No milk or dairy products➤ No red, blue or purple liquid➤ No alcoholic drinks

**YOU KNOW THAT YOUR BOWEL PREPARTAIN IS COMPLETE
WHEN YOUR STOOL (POOP) IS YELLOW AND CLEAR LIKE URINE (PEE)**