



Somerset Surgical Associates

BOWEL PREP INSTRUCTIONS from Dr. Imegwu and Dr. Seenivasan

Three (3) Days Prior to Surgery

- Full Liquid Diet (see sample)

Two (2) Days Prior to Surgery

- Full Liquid Diet (see sample)

One (1) Day Prior to Surgery

- Clear Liquid Diet (see sample)
- Drink one (1) gallon of Go-Lytely starting at 12 noon. You must drink the ENTIRE gallon over a period of four (4) hours. If you start to experience nausea, take a small break. It helps to take the Go-Lytely along with clear liquids to rid some of the taste. The maximum amount of time you can extend the drinking of the bowel prep is five (5) hours. You NEED to be done by 5 pm in order to ensure a clean bowel for a successful surgery
- Take two (2) Erythromycin Base 500 mg tablets at 1pm, 2pm and 9pm
- Take two (2) Neomycin 500 mg tablets at 1pm, 2pm and 9pm
- Do not eat or drink anything after midnight

Morning of Surgery

- Do not eat or drink anything
- You may take any daily prescribed medications with the exception of DIABETIC MEDICATION and BLOOD THINNERS with a small sip of water

Gunaseelan Ambrose, MD, FACS Obi J Imegwu, MD, FACS
Thangamani Seenivasan, MD, FACS William M Sugarmann, MD, FACS

Full Liquid Diet

Food Group	<u>Items Allowed</u>
Diary	Any type of milk, milkshakes, eggnog, plain yogurt, protein supplements, instant breakfast, ice cream, custard and pudding
Meat	ONLY strained meats added to cream soup or broth
Vegetables	ONLY strained vegetable juice
Fruits	ONLY strained fruit juice
Breads/Grains	Farina, oatmeal, cream of rice and cream of wheat
Fats/Oils	Margarine, butter and cream
Beverages	Coffee, tea, lemonade, sports drinks, carbonated beverages, any juice
Sweets/Desserts	Sherbet, hard candy, plain gelatin, fruit ice, honey and syrups

Full Liquid Diet

Food Group	<u>Items To Avoid</u>
Diary	All cheese
Meat	All
Vegetables	All whole raw or cooked vegetables
Fruits	All whole raw or cooked fruits
Breads/Grains	All other cereals and bread
Fats/Oils	All others in solid form
Beverages	None
Sweets/Desserts	Cakes, cookies and pies

Clear Liquid Diet

Items Allowed

Water: Plain or flavored

Juice: Apple, clear cranberry and white grape, sports drinks-ANY COLOR EXCEPT RED

Carbonated Drinks: Sprite, 7UP, ginger ale, seltzer and tonic water

Broths: Chicken and beef

Jello: ANY COLOR EXCEPT RED

Sherbet, ice, gelatin, popsicle: ANY COLOR EXCEPT RED

Tea: with or without lemon and sugar-NO MILK

Coffee: With or without sugar-NO MILK