



Somerset Surgical Associates

Bowel Prep Instructions for Dr. Ambrose and Dr. Sugarmann

The DAY BEFORE your surgery: Clear liquids only

Absolutely NO solid food/NO milk or milk products

Drink only clear liquids

Examples of clear liquids:

- Water
- Clear fruit juice such as apple or white grape
- Chicken or beef bouillon
- Jell-O
- Gatorade
- Popsicles, ices
- Soft drinks
- Coffee or tea without cream

One (1) Day Prior to Surgery

- Clear Liquid Diet (see examples above)
- Drink one (1) gallon of Go-Lytely starting at 9 a.m. 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 2 p.m. in order to ensure a clean bowel for a successful surgery
- Take two (2) erythromycin base 500 mg tablets at 3 p.m., 4 p.m. and 8 p.m.
- Take two (2) neomycin 500 mg tablets at 3 p.m., 4 p.m. and 8 p.m.
- Take one (1) metronidazole 500 mg tablet at 4 p.m. and 10 p.m.
- Fleet enema the night before surgery
 - Ostomy Patients
 - Fleet enema the night before via rectum and ostomy
- 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

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