

Dr. Hamish Hwang Inc.
General Surgery, GI Endoscopy & Esophageal Physiology

48 hour bowel preparation for bowel surgery

Your surgeon has booked you for surgery. Part of the procedure includes preparing the bowel. The bowel must be thoroughly cleansed to minimize the risk of infection.

Your surgeon will give you a prescription for antibiotics:
metronidazole (Flagyl) and ciprofloxacin (Cipro).

The antibiotics are started 1 day prior to surgery. Please get the prescription filled at the pharmacy of your choice.

Also purchase 1 box if **Pico-Salax**. It is an over-the-counter medication but you have to ask the pharmacist for it.

The Vernon Jubilee Hospital will notify you of the date of your surgery and an appointment arranged to see the pre-admission nurse.

Please read the entire procedure before starting the prep. Tick the boxes when you have completed each step. Bathroom facilities should be readily available for the day. Follow these instructions not the one on the Pico-Salax box.

2 days (48 hours) prior to your operation:

Start a clear fluid diet for breakfast and continue taking only clear fluids until the evening before surgery.

Clear fluids include:

Apple juice	Gatorade
Cranberry juice	Tea and coffee with sugar but no cream or milk
Popsicles without cream	Water
Orange juice	Jello
Grape juice	Pop

- After breakfast take 1st package of Pico-Salax diluted with one-half glass of clear fluid
- Follow this with 1 (8 ounce) glass of water
- Drink a minimum of 6 glasses of clear fluid between morning and lunch
 - 1 2 3 4 5 6
- Have a clear fluid lunch
- At around 2pm take the 2nd package of Pico-Salax
- Follow this with 1 (8 ounce) glass of water
- Drink another 6 glasses of clear fluid between lunch and supper
 - 1 2 3 4 5 6
- Have a clear fluid supper and continue taking clear fluids according to your hunger and thirst

Cont.

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24 hours prior to your operation:

- At 8am take 1st dose of metronizadole (Flagyl) and ciprofloxacin (Cipro)
- Continue with clear fluids according to your thirst and hunger during the morning
- Have a clear fluid lunch
- At 2pm take the 2nd dose of metronizadole (Flagyl) and ciprofloxacin (Cipro)
- Have a clear fluid supper. You may continue to drink clear fluids as desired until midnight.
- At 9pm or 10pm take the 3rd dose of metronizadole (Flagyl) and ciprofloxacin (Cipro)

From midnight until 3 hours prior to the scheduled time of your surgery, you may have the following clear fluids: water, apple juice (store purchased not home juiced) tea or coffee with sweetener (no milk)

REPORT to the hospital at the time indicated by the admitting department

Other important reminders:

1. **Aspirin (ASA)**
Containing medications should be stopped **7 days** prior to procedure (including ASA 81 mg and Entrophen)
2. **Coumadin (Warfarin)**
Should be stopped **5 days** prior to procedure
3. **Ticlopidine (Ticlid), Clopidogrel (Plavix)**
Should be stopped 3 days prior to procedure

Please check with your family doctor before stopping any of these medications.

Diabetics

During bowel preparation with clear fluids and on the day of surgery:

- Take **ONE-HALF (1/2)** the dose of oral **hypoglycemic** medications
- Take **ONE-HALF (1/2)** the dose of usual **insulin**

Please inform the nursing staff and your surgeon, if you have ever received antibiotics prior to undergoing a dental procedure.