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PREPARING FOR COLON SURGERY CHECKLIST – NO BOWEL PREP

Within 30 Days of Surgery

- Purchase Hibiclens scrub (CHG) or alternative to use the night before and morning of surgery. (See enclosed instructions.)
- Pick up the prescriptions for Neomycin and Flagyl (also called Metronidazole) at your pharmacy.
- Ensure that you have an appointment with your primary care physician **WITHIN 30 DAYS OF SURGERY**. You may also need an appointment with a specialist such as a cardiologist, pulmonologist, nephrologist or other specialist depending on your medical history.
- Send back any additional paperwork sent to you by our office.
- Stop any Aspirin products within 7 days of surgery if ok with your physician. If you take any blood thinners (Coumadin, Warfarin, Plavix, Pradaxa for example), please contact your physician that prescribed those medications to determine when to stop them prior to surgery.

The Morning of Surgery

- Take a shower with the CHG/Hibiclens scrub according to the enclosed instructions.
- Bring a complete and updated list of your prescription and non-prescription medications with you to the hospital including the name, dosage and frequency that you take them.
- You can take your medications with a sip of water.
- Carbohydrate drink
Before you leave home, drink 12-oz. of apple, cranberry or grape juice within a 10 minute period. This drink **MUST BE** completed at least 2 hours prior to your scheduled time of surgery.

The Day Before Surgery

- Prior to 8 am**
Have a light breakfast
- 1 pm**
Take 1 dose (2 pills) of Neomycin and 1 dose of Flagyl
- 2 pm**
Take 1 dose (2 pills) of Neomycin and 1 dose of Flagyl
- 8 pm**
Take 1 dose (2 pills) of Neomycin and 1 dose of Flagyl
- Please follow the enhanced recovery instructions (ERAS)
- Please follow the surgical enhanced recovery instructions (SER)