

Dr. Lublin Bowel Prep for Colon Surgery

Bowel Prep Importance

Cleansing your bowels with MoviPrep and antibiotic pills before surgery decreases your risk of infection. Please read the entire document below about how to perform your bowel preparation correctly.

What supplies do I need to prepare for my bowel prep?

Please pick up the following items **2** days before surgery or sooner.

1. **MoviPrep** (We will give you a prescription for this.)
2. **Neomycin and Flagyl (metronidazole) antibiotics** (We will give you prescriptions for these.)
 - a. 6 (six) 500-milligram Neomycin tablets
 - b. 3 (three) 500-milligram (Flagyl) metronidazole tablets
3. **Clear liquid items** for your diet the day before surgery, such as Gatorade, Jell-O, broth, some juices, soft drinks, Italian ice, etc. (see list on next page)
4. **Carbohydrate drink:** Buy at least 36 oz. of **No Sugar Added, 100% pure white grape juice**. (No substitutions.) You may need to buy a 64 oz. bottle or 2 (two) 32 oz. bottles of this juice. This specific drink has been shown to decrease discomfort before surgery by reducing anxiety, hunger, and thirst. More importantly this may decrease your nausea and vomiting after surgery, and may shorten your hospital stay.

Recommended Clear Liquids

- Water (the best)
- Sugar-free drinks
- Skim milk
- Diluted fruit juice
- Snapple
- Crystal Lite
- Popsicles (sugar-free)
- Tea (decaffeinated as much as possible)
- Coffee (decaffeinated as much as possible)
- Ice
- Broth (Strained Thin Soups)



Not allowed:

- Milk, cream
- Orange juice, tomato juice, grapefruit juice
- Alcohol
- Any liquid you cannot see through

Bowel Prep Instructions

Follow this timeline the day before surgery:

- **Breakfast**

Clear liquid diet. You may drink any amount in any combination from the list above.

- **7 am**

Put the Moviprep bowel prep liquid in the refrigerator to chill. It is easier to drink when it is cold.

- **9 am - noon**

Drink the Moviprep liquid. The bestway to do this is to quickly drink an 8-ounce glass every 10 minutes until it is completely gone. Since there are 4 liters of the Moviprep, this will take about 3 hours.

- **1 pm**

Take Neomycin (2 tablets/1 gram) and (Flagyl) metronidazole (1 tablet/500mg)

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- **2 pm - 6 pm**

Continue drinking 8 oz. clear liquids every hour to avoid dehydration.

- **Dinner (6pm to midnight)**

Clear liquid diet (any combination/any amount).

Drink 24 ounces of the carbohydrate drink (100% pure, no sugar added, white grape juice).

- **10 pm**

Take Neomycin (2 tablets/1 gram) and (Flagyl) metronidazole (1 tablet/500mg).

- **12 midnight**

Nothing to drink or eat after midnight, except for the carbohydrate drink (white grape juice) and water

Bowel Prep Instructions

Follow this timeline on the day of surgery

On the morning of surgery, drink 12 oz. of the carbohydrate drink (white grape juice). You need to finish this **4** hours before your scheduled surgery time.

This means you may need to drink it on your drive to the hospital, depending on the time of your surgery.

You must not eat or drink anything else except for the juice mentioned above.

YOU MUST STOP DRINKING 4 HOURS BEFORE SURGERY