



Elective colon and rectal surgery

Surgery date: _____

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If you are on a blood thinner, you should have been given instructions on when to stop taking it. If you have questions, please call the surgery clinic at 503-561-2448.

This packet is to help you prepare for your upcoming colon surgery.

Supplies

- The nutritional drinks recommended can be purchased at the pharmacy (Salem Hospital, Building C lobby), Walmart or Amazon.
 - ▶ **Nestle Impact Advanced Recovery – 30 cartons**
 - ▶ **Ensure Clear – 3 cartons**
- The bowel prep laxatives are available at any pharmacy.
- The bowel prep antibiotics will be prescribed; you can pick them up at your pharmacy.
- Bowel prep includes:**
 - ▶ 4 bisacodyl (Dulcolax) tablets – laxative
 - ▶ 1 bottle (238 milligram) polyethylene glycol (Miralax) – laxative
 - ▶ 6 neomycin (500 milligram each) tablets – antibiotic
 - ▶ 3 Flagyl (500 milligram each) tablets – antibiotic
 - ▶ 1 Fleet enema – **ONLY** for colostomy reversal surgeries



Before surgery

During the FIVE days before your surgery:

- Eat your normal diet.
- Drink one Nestle Impact Advanced Recovery three times a day (one with each meal) – this is to boost your immune system for major colon surgery.



Drink 3 cartons per day starting 5 days before surgery.			
Day 1 Date:	<input type="checkbox"/> Carton 1	<input type="checkbox"/> Carton 2	<input type="checkbox"/> Carton 3
Day 2 Date:	<input type="checkbox"/> Carton 1	<input type="checkbox"/> Carton 2	<input type="checkbox"/> Carton 3
Day 3 Date:	<input type="checkbox"/> Carton 1	<input type="checkbox"/> Carton 2	<input type="checkbox"/> Carton 3
Day 4 Date:	<input type="checkbox"/> Carton 1	<input type="checkbox"/> Carton 2	<input type="checkbox"/> Carton 3
Day 5 (day before surgery) Date:	<input type="checkbox"/> Carton 1	<input type="checkbox"/> Carton 2	<input type="checkbox"/> Carton 3

On the DAY BEFORE SURGERY:

- 7 a.m.: Start liquid diet. NO SOLID FOOD. Examples: water, coffee, tea, broth, milk shakes and Jell-O. NO ALCOHOL.
- 10 a.m.: Start bowel prep. Take **4 biscodyl** (Dulcolax) tablets.
- 1 p.m.: Mix the 238 gram bottle of **polyethylene glycol** (Miralax) with 64 ounces of cold Gatorade or sugar-free Crystal Light in a pitcher. Mix thoroughly. Drink an 8-ounce glass every 15 to 20 minutes until it is gone. Nausea and fullness is common until the laxative starts to work. If you vomit during the prep, wait 30 minutes before you resume drinking, and go slower.
 - ▶ *If you have a colostomy or rectal stump, administer one **Fleet enema** via rectum after you start Miralax. This will clean out the rectal stump.*
- 6 p.m.: Drink 2 cartons of Ensure Clear

Drink both cartons at 6 p.m.		
Day before surgery	<input type="checkbox"/> Carton 1	<input type="checkbox"/> Carton 2
Date:		



- 7 p.m.: Take 2 neomycin and 1 Flagyl tablet
- 9 p.m.: Take 2 neomycin and 1 Flagyl tablet.
- 11 p.m.: Take 2 neomycin and 1 Flagyl tablet
- Shower with chlorhexidine soap provided by the surgery clinic
- Clear liquids ONLY after midnight

Diabetic patients

Type II – Take ½ of your normal dose of diabetic medications during bowel prep.

Type I – Contact your managing doctor for additional instructions.

On the MORNING OF DAY OF SURGERY:

- You can drink clear liquids only up to the time you leave for the hospital. If you drink later than 2 hours before your surgery time, your surgery might be cancelled.
- Drink **1 carton of Ensure Clear** – just before you leave for the hospital. This should be the last thing you drink before surgery.

Drink just before you leave for the hospital.	
Day before surgery	<input type="checkbox"/> Carton 1
Date:	



After surgery

After you have been DISCHARGED FROM THE HOSPITAL:

- Drink one **Nestle Impact Advanced Recovery** three times a day (one with each meal) – this is to boost your immune system after major colon surgery.



Drink 3 cartons per day for 5 days.			
Day 1 Date:	<input type="checkbox"/> Carton 1	<input type="checkbox"/> Carton 2	<input type="checkbox"/> Carton 3
Day 2 Date:	<input type="checkbox"/> Carton 1	<input type="checkbox"/> Carton 2	<input type="checkbox"/> Carton 3
Day 3 Date:	<input type="checkbox"/> Carton 1	<input type="checkbox"/> Carton 2	<input type="checkbox"/> Carton 3
Day 4 Date:	<input type="checkbox"/> Carton 1	<input type="checkbox"/> Carton 2	<input type="checkbox"/> Carton 3
Day 5 Date:	<input type="checkbox"/> Carton 1	<input type="checkbox"/> Carton 2	<input type="checkbox"/> Carton 3



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