

BOWEL PREPARATION FOR SURGERY

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Cleansing your bowel prior to surgery is extremely important. Please follow the instructions for adequate preparation.

1. The medication you must purchase at any pharmacy over the counter is made by **Fleet** and is called **Phosphosoda**. Please get **2 bottles** of liquid (45 ml each).
2. Have a normal *breakfast* and *lunch* before noon **the day before** your day of surgery.
3. Drink the entire contents of the bottles of Phosphosoda beginning at **2 pm the day before** your day of surgery. Approximately 1-2 hours after drinking the phosphosoda you will begin bowel movements. Occasionally there may be mild abdominal cramping and gas or mild nausea.
4. You may have **clear liquids only** that same evening for *dinner*. (juice, clear soup broth, Jello etc.)
5. Drink plenty of water.
6. **NOTHING ORALLY AFTER MIDNIGHT UNLESS OTHERWISE INSTRUCTED.**

HELPFUL HINTS:

The liquid is salty and may taste better chilled over ice or mixed with a flavored powder like Crystal Light or sweetened Koolaid for example.

You may find it more comfortable to be at home the afternoon of the preparation.

Do not chew gum or have hard candy the day of your surgery as the anesthesiologist is likely to cancel or significantly delay your surgery.

This regimen is usually very well tolerated. Tucks Medicated Pads can make this process more comfortable if soreness develops.