



# Somerset Surgical Associates

## Bowel Prep Instructions from Dr. Lee

### One (1) Day Prior to Surgery

- Clear Liquid Diet (see sample)
- Drink one (1) gallon of Go-Lytely starting at 12 noon. You must drink the ENTIRE gallon over a period of four (4) hours. Dr. Lee suggests drinking 8 oz. every 15 minutes until the gallon is finished.
  - Dr. Lee's tips:
    1. Initially, do **not** add any flavor packet to the gallon bottle in case you do not like the artificial flavoring.
    2. You may drink the Go-lytely along with the clear liquids to rid some of the taste.
    3. Alternate between a sweet & salty liquid, e.g. if you get sick of drinking sweet liquids, switch to a chicken or beef broth. A powdered broth or bouillon cube could be added **to the cup you are currently drinking**. Be careful not to add too much since the saltiness can be overwhelming.
    4. You may also add ice to the Go-lytely cup you are currently drinking.
- The maximum amount of time you can take to finish the Go-lytely is five (5) hours. You need to be finished by 5 p.m. in order to ensure a clean intestine for a successful surgery. Otherwise a colostomy may be necessary. A colostomy is a bag into which you defecate & which hangs off your abdominal wall.
- Take two (2) erythromycin base 500 mg tablets at 1 p.m., 2 p.m. and 9 p.m.
- Take two (2) neomycin 500 mg tablets at 1 p.m., 2 p.m. and 9 p.m.

### Morning of Surgery

- Do not eat or drink anything as of 12:01 am.
- Take your daily prescribed medications with a small sip of water EXCEPT:
  - Diabetic medications
  - Blood thinners

### Clear Liquid Diet

#### Items Allowed

Water: Plain or flavored

Juice: Apple, clear cranberry, and white grape, sports drinks

Carbonated Drinks: Sprite, 7UP, ginger ale, seltzer, and tonic water

Broths: Chicken and beef

Jell-O

Sherbet, ice, gelatin, popsicle

Tea: with or without lemon and sugar-NO MILK

Coffee: With or without sugar-NO MILK

Gunaseelan Ambrose, MD, FACS • Obi J Imegwu, MD, FACS • Cynthia Lee, MD, FACS  
Thangamani Seenivasan, MD, FACS • William M Sugarmann, MD, FACS

30 Rehill Avenue, Suite 3400, Somerville, NJ 08876

(P) 908-725-2400 (F) 908-927-8990

[www.somersetsurgicalassociates.com](http://www.somersetsurgicalassociates.com)