



# Somerset Surgical Associates

## BOWEL PREP INSTRUCTIONS from Dr. Imegwu and Dr. Seenivasan

### Three (3) Days Prior to Surgery

- Full Liquid Diet (see sample)

### Two (2) Days Prior to Surgery

- Full Liquid Diet (see sample)

### 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. If you start to experience nausea, take a small break. It helps to take the Go-Lytely along with clear liquids to rid some of the taste. The maximum amount of time you can extend the drinking of the bowel prep is five (5) hours. You NEED to be done by 5 pm in order to ensure a clean bowel for a successful surgery
- Take two (2) Erythromycin Base 500 mg tablets at 1pm, 2pm and 9pm
- Take two (2) Neomycin 500 mg tablets at 1pm, 2pm and 9pm
- Do not eat or drink anything after midnight

### Morning of Surgery

- Do not eat or drink anything
- You may take any daily prescribed medications with the exception of DIABETIC MEDICATION and BLOOD THINNERS with a small sip of water

Sarah Bryczkowski, MD, FACS      Obi J Imegwu, 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)

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## Full Liquid Diet

| Food Group      | <u>Items Allowed</u>   |
|-----------------|--|
| Diary           | Any type of milk, milkshakes, eggnog, plain yogurt, protein supplements, instant breakfast, ice cream, custard and pudding |
| Meat            | ONLY strained meats added to cream soup or broth   |
| Vegetables      | ONLY strained vegetable juice  |
| Fruits          | ONLY strained fruit juice  |
| Breads/Grains   | Farina, oatmeal, cream of rice and cream of wheat  |
| Fats/Oils       | Margarine, butter and cream  |
| Beverages       | Coffee, tea, lemonade, sports drinks, carbonated beverages, any juice  |
| Sweets/Desserts | Sherbet, hard candy, plain gelatin, fruit ice, honey and syrups  |

## Full Liquid Diet

| Food Group      | <u>Items To Avoid</u>              |
|-----------------|------------------------------------|
| Diary           | All cheese                         |
| Meat            | All                                |
| Vegetables      | All whole raw or cooked vegetables |
| Fruits          | All whole raw or cooked fruits     |
| Breads/Grains   | All other cereals and bread        |
| Fats/Oils       | All others in solid form           |
| Beverages       | None                               |
| Sweets/Desserts | Cakes, cookies and pies            |

## Clear Liquid Diet

### **Items Allowed**

Water: Plain or flavored

Juice: Apple, clear cranberry and white grape, sports drinks-ANY COLOR EXCEPT RED

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

Broths: Chicken and beef

Jello: ANY COLOR EXCEPT RED

Sherbet, ice, gelatin, popsicle: ANY COLOR EXCEPT RED

Tea: with or without lemon and sugar-NO MILK

Coffee: With or without sugar-NO MILK