



Somerset Surgical Associates

Bowel Prep Instructions for Dr. Bryczkowski

The DAY BEFORE your surgery: Clear liquids only

Absolutely NO solid food/NO milk or milk products

Examples of clear liquids: **NO RED COLORED BEVERAGES OR FOODS**

- Water (plain or flavored)
- Clear fruit juice such as apple or white grape
- Chicken or beef bouillon/broth
- Jell-O
- Gatorade
- Popsicles, Ices, Sherbet, Gelatin
- Carbonated Drinks – Sprite, 7UP, Ginger Ale, Seltzer
- Coffee or Tea without cream or milk

One (1) Day Prior to Surgery

- Clear Liquid Diet (see examples above)
- Drink one (1) gallon of Go-Lytely starting at 12 pm. 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) neomycin 500 mg tablets at 1 pm, 2 pm and 9 pm.
- Take one (1) metronidazole 500 mg tablet at 1 pm, 2 pm and 9 pm.

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

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