



Women's Health Specialists of Montgomery County PA

Gynecology-Gynecologic Oncology
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BOWEL PREP INSTRUCTIONS

Your Procedure Requires You to do a Bowel Prep The Day Before Surgery

PLEASE READ AND FOLLOW INSTRUCTIONS CAREFULLY!

The following bowel prep is a laxative and can be hard to digest. It is very important that your bowel be completely emptied so that the bowel is lying flat, keeping it from being injured during your surgery. Keeping the prep in the refrigerator and drinking it cold helps to make it a little more tolerable. Drinking the mixture slowly can be easier on your stomach. If you feel that you haven't emptied your bowel completely, you may add an enema to your regiment.

Since your procedure requires bowel prep, you will need to follow a **CLEAR LIQUID DIET** one day prior to surgery.

Your clear liquid diet begins in **the morning on the day before surgery**. You may continue your clear liquids until **6 hours prior to your surgery**. **After that, you may NOT eat or drink anything until surgery.**

CLEAR LIQUIDS: Jell-O, chicken or beef broth, sodas, coffee and tea (sugar/NO CREAMERS), clear fruit juice (apple, grape, cranberry), and popsicles.

Your bowel prep will be

GOLYTELY, COLYTELY or NULYTELY

This requires a written prescription or may be called into your pharmacy. After mixing the Golytely, Coltely or Nulytely, keep it refrigerated. You may mix it with unsweetened Kool-Aid or Crystal Light. You will start drinking the bowel prep at 2:00pm on the day before surgery. You should finish the entire gallon by 7:00pm.