



S U R G I C A L A S S O C I A T E S O F G A D S D E N

Pre-operative instructions for
Golytely Bowel Preparation

General Instructions

1. Stop all Aspirin and aspirin containing products at least 7 days.
2. If you are taking Coumadin or other blood thinners, notify our office two weeks in advance.
3. This preparation will cause multiple bowel movements. It often works quickly, within 30 minutes, but on occasion may take longer. We recommend you remain near a bathroom during the preparation.

Start this bowel preparation the day before your surgery.

Diet

Beginning at breakfast the day before your procedure, take only CLEAR LIQUIDS, (no solid foods, milk, or milk products). Clear liquids include water, tea, jello, black coffee, kool-aid, fruit juice (without the pulp), soft drinks, Popsicles, and broth. You should avoid any liquids that are red or purple in color.

Taking your medications

Neomycin sulphate 1 gram and erythromycin base 1 gram (take together) at 1:00pm, 2:00 pm and 10:00 pm.

If you have diabetes and take insulin, you may need to modify your insulin injections. Please check with your medical doctor who manages your diabetes on how to do this.

Golytely Preparation

2 days before your procedure have the golytely prescription filled at your pharmacy, if you have not already done so. Fill the container to the fill line with water (you may substitute Crystal Light or Country Time Lemonade for water). Refrigerate the mixture overnight.

After Midnight the night before surgery

Take nothing more by mouth so your stomach is completely empty for surgery.

Please feel free to call for any questions!