



PATIENT INSTRUCTIONS prior to BOWEL SURGERY



ANTIBIOTICS:

Take both prescribed antibiotics by mouth at 13:00, 14:00 and 23:00 the day before surgery.



BOWEL PREPARATION:

Drink 2 liters of Colyte (GoLyte) between 5pm and 6pm the evening before surgery. Take one glass every 10 minutes and keep the remaining 2L of Colyte (GoLyte) in the refrigerator for the following dose.

Drink the remaining 2L of Colyte (GoLyte) between 12am and 1am. Take one glass every 10 minutes until complete.



FOOD INTAKE:

The day before surgery, you can have a light breakfast.

Following this, you can take clear fluids until 1am the day of your surgery. Examples of clear fluids that are permitted:

- clear broth (chicken or beef) without noodles or vegetables
- clear (transparent) fruit juice without pulp
- coffee or tea without milk/cream
- Kool-Aid or Gatorade (not red or purple)
- Jell-O or Popsicles (not red or purple)