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COLON AND RECTAL SURGERY
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COLON SURGERY - HOME INSTRUCTIONS

Please go to the hospital for your pre-operative lab work (blood tests, EKG, x-rays)
within 1 week of your operation.

You will need the following medications by prescription from your pharmacy:

1. Neomycin 3 doses of one gram (2 pills) each.
2. Flagyl 3 doses of one gram (2 pills) each.

You will also need the following medication, no prescription necessary:

1. Miralax 8.3 Oz mixed with 64 Oz electrolyte fluid

ONE DAY PRIOR TO OPERATION _____

1. You may have a normal breakfast. Drink only liquids for lunch and dinner. NO SOLID FOOD. Drink at least 2 protein shakes such as Ensure over the course of the day.
2. At 1:00 PM take Neomycin 1 gram and Flagyl 1 gram (1st dose)
3. At 2:00 PM: take Neomycin 1 gram and Flagyl 1 gram (2nd dose)
4. At 6:00 PM start drinking the Miralax/electrolyte fluid over the next 4 hours
5. If you experience nausea or vomiting, wait for 30-45 minutes and then resume taking the preparation. A piece of hard candy or a cup of chicken broth may also help.
6. At 11:00 PM take Neomycin 1 gram and Flagyl 1 gram (third dose)
7. Vaseline to the anal area will help prevent irritation from the preparation.
8. If you feel the prep is unsuccessful, you may use a Fleet's enema in the rectum.

Do NOT eat or drink anything (even water) after midnight on _____ unless specifically instructed to do so.

THE DAY OF YOUR OPERATION

1. If you regularly take any medications, you may take them with a sip of water. Do not take a half dose of any long acting insulin, morning of your operation. Do not take any oral diabetic medications the day of your operation.
2. Report to the hospital at _____