

FAIRFAX COLON & RECTAL SURGERY, P.C.

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COLORECTAL/ANORECTAL SURGERY, COLONOSCOPY, ANORECTAL PHYSIOLOGY

PREOPERATIVE INSTRUCTIONS FOR PATIENTS

UNDERGOING COLON SURGERY WITH NO BOWEL PREP

A number of recent clinical studies have demonstrated that it is unnecessary for certain patients undergoing colon surgery to have an oral bowel preparation to thoroughly clean out the colon. Some of these studies suggest that minimizing bowel preparation may hasten recovery of normal bowel function following the surgery, may decrease the risk of fluid or electrolyte imbalances and might even decrease the risk of infection. Your surgeon has decided that for your particular surgery oral bowel prep is not required. Please follow these instructions carefully and ask if you have any questions.

To diminish the risk of bleeding please stop all aspirin; Motrin; Advil; Coumadin; Plavix and all non prescription dietary supplements one (1) week prior to and after the procedure

On the day before your operation:

1. You may only have a clear liquid diet. This includes soups, broth, Jell-O, Kool-Aid, Italian ices, coffee, tea, carbonated beverages and clear fruit juices without pulp.
2. Do not eat or drink anything after midnight the night prior to surgery.
3. Purchase two Fleet enemas at any drug store.

On the day of surgery:

1. Two hours before coming to the hospital use the two fleet enemas to wash out the rectum.

If you have difficulties or problems with the preparation, call the office day or night.