

**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.

**PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY AT LEAST TWO  
WEEKS BEFORE YOUR PROCEDURE:**

Patients should take their morning dosage of the following medications with a sip of water:

- Beta Blockers and antiarrhythmics such as Digoxin or Calcium Channel Blockers.
- Asthmatic medications including inhalers, Theophylline, Singulair and/or steroids.
- GERD medication
- Statins such as Lipitor, Zocor, Crestor, etc.

The following are anesthesia guidelines however you should consult with your prescribing physician.

<b>Oral Hypoglycemic Agents</b>	Metformin/Glucophage/Actos/ Glyburide/Tolinase/Avandia/Amaryl/all others	Recommend holding am dose/day of surgery
<b>Diuretics</b>	Lasix/HCTZ/Spironolactone	Hold doses day of prep and day of surgery UNLESS prescribed for CHF- these patients should take their am dose.
<b>ACE/ARB</b>	Lisinopril/Lotrel/Catopril/Lotensin/Monopril /Prinzide/Atacand/Benicar/Diovan/Avalide	Hold dose day of surgery UNLESS prescribed for CHF- these patients should take their am dose.
<b>Insulin</b>	NPH/Regular	As per primary care physician's instructions
<b>All Herbal Supplements</b>		Stop all Herbal supplements at least 72hours prior to surgery surgeon

**DO NOT take aspirin or NSAID products such as Ibuprofen, Advil, Aleve, Nuprin, Motrin, Naprosyn, etc. for at least one week prior to procedure.** You may take Tylenol. DO NOT take aspirin or NSAID products for 1 week after your surgery.

**Please stop Plavix 10 days prior to your procedure, or Coumadin 4 days prior.** Please consult the physician who prescribed the medication to make them aware.

Please advise the physician if you have a prosthetic heart valve or if you have a serious heart murmur. Also advise physician if you have had any cardiac procedures in the last year.

**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. You may continue to drink clear liquids up to 4 hours before your surgery. Drinking sugar containing electrolyte solutions such as Gatorade or Propel is highly preferable.
3. Purchase a bottle of hibiclens soap at any drug store.
4. Shower with the hibiclens soap the night before your surgery.

**On the day of surgery:**

1. When you wake the day of your surgery take your 2<sup>nd</sup> shower with hibiclens.
2. You may continue to drink clear liquids up to 4 hours before your surgery.

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

## CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed.

<u>Food Group</u>	<u>Foods Allowed</u>	<u>Foods to avoid</u>
Milk & Beverage	Tea and coffee (no creamer), carbonated beverages, fruit flavored drinks	Milk creamer, milk drinks
Meats & Meat Substitutes	None	All
Vegetables	None	All
Fruit & Fruit Juices	Strained fruit juices: apple, white grape, lemonade	Fruit juices with unstrained fruit
Grains & Starches	None	All
Soups	Clear broth, consommé	All others
Desserts	Clear flavored gelatin, popsicles	All others
Fats	None	All
Miscellaneous	Sugar, honey, syrup, clear hard candy, salt.	All others

*\*The following menu is only a suggestion\**

<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
4 oz. White grape juice	4 oz. Apple juice	4 oz. Lemonade
6 oz. Clear broth	6 oz. Clear broth	6 oz. Clear broth
JELL-O*	JELL-O	JELL-O
Tea	Tea	Tea