



WEST COAST SURGICAL SPECIALISTS, INC.

Preoperative Bowel Preparation Instructions-**GoLYTELY Prep**

A bowel prep is done to prepare the bowel for surgery or a procedure. Its purpose is to clear out the bowel of all solid matter. Please follow these instructions. Begin your bowel prep **one day** before your scheduled surgery.

Your surgery date is: _____

On the date before your surgery (date): _____

- You will be on a **clear liquid diet**.
- Begin **drinking clear liquids** early in the day to prevent dehydration.

CLEAR LIQUID DIET

These items are allowed:

- Water
- Clear broth: beef or chicken
- Juices *you can see through*
- Sodas
- Coffee (without cream)
- Clear Jello-O
- Popsicles (without fruit)

These items are **NOT** allowed:

- Milk
- Cream
- Milkshakes
- Tomato juice
- Orange juice
- Cream soups or chunky soups
- Oatmeal
- Grapefruit juice, Pineapple juice

- At 11:30 AM the day before surgery take **(1) metoclopramide** pill. 15 minutes later, take **(3) bisacodyl** (dulcolax) tablets.
- At Noon the day before surgery start drinking the **GoLYTELY**. Follow the directions for mixing. Drink one full glass every 15 to 30 minutes until the entire bottle is empty.
- Continue to drink clear liquids throughout the day, but do not eat any solid food.
- The laxative will cause you to have many bowel movements. This is needed to have a clean colon for surgery. You may also experience some nausea or abdominal cramping. If you have difficulty with repeated vomiting, please call your doctor at West Coast Surgery: **(951) 894-5167**

Please pick up the following items from a pharmacy:

- Your filled GoLYTELY and metoclopramide prescriptions.
- (3) bisacodyl (dulcolax) tablets.