**Bowel Preparation for Dr. A. Shelton and Dr. M. Welton**

1) EUA/Seton Placement/Hemorrhoidectomy/Anal Fistula, etc.

- **No diet restrictions** day before surgery
- **Two Fleet enemas**
  - **If AM case:** one enema two hours after dinner the night before and one enema the morning of the procedure
  - **If NOON/PM case:** Two enemas the morning of procedure, an hour apart from each other
- **Nothing to eat or drink after midnight**
- **Nothing to eat or drink day of procedure** until after the procedure is completed. Take all other prescribed medications as instructed with a very small amount of water

2) All Bowel cases, perineal rectosigmoidectomy, mucosal advancement flap, sphincter repair, rectocele repair, transanal excision of rectal tumor, etc.

- **Day before procedure:**
  - **Have a light breakfast** (see diet instructions on back)
  - **Remain on a clear liquid diet for the remainder of the day** (see diet instructions on back)
  - **If you are under the age of 65:**
    - Take 1½ oz Fleet phospho-soda at 2 PM and 1½ oz at 6 PM
  - **If you are over the age of 65 OR have heart, lung, or kidney problems,**
    - Take Golytely 4 liters by drinking 8 oz every 10 to 15 minutes until finished. Begin this preparation at 4 PM
  - **Nothing to eat or drink after midnight**
  - **Nothing to eat or drink day of procedure.** Take all other prescribed medications as instructed with a very small amount of water

3) Patients with ileostomy

- **No bowel preparation necessary**
- **Nothing to eat or drink after midnight**
- **Nothing to eat or drink the day of procedure.** Take all other prescribed medications as instructed with a very small amount of water

- If you have any questions or concerns, please don’t hesitate to call the nurse coordinator at 650-725-9772.
• Purchase appropriate laxative two days before procedure
  • Fleet enemas available over the counter at any drug store. No written prescription is necessary. Follow manufacturer instructions.
  • Oral Fleet phospho-soda laxative available over the counter at any drug store. No prescription is necessary. Mix Fleet phospho-soda per manufacturer instructions. Suggestion in preparing Fleet phospho-soda: mix 1 ½ oz of phospho-soda with at least 4 oz of cold clear liquid (ginger ale, apple juice, Sprite, or 7-Up helps improve the taste) and drink. Follow with an 8 oz glass of clear liquid. You may then drink all the clear liquids you wish.
  • Golytely laxative available by prescription only. Have your physician supply you with a written prescription for Golytely or supply your physician with pharmacy phone number to call in Golytely prescription into your pharmacy. Prepare Golytely 4 liters per pharmacy/manufacturer instructions. You may then drink all the clear liquids you wish.
  • Individual response to laxatives vary. Preparation results may take affect anywhere from 30 minutes to 3 hours. Remain close to bathroom facilities as multiple bowel movements may occur.

CLEAR LIQUID DIET GUIDELINES

Light Breakfast: may include any ONE of the following
  • Any items from clear liquid diet list
  • One boiled or poached egg
  • Small portion of skinless chicken/turkey or fish
  • Toast or bagel – very light butter
  • Cream of wheat – very light butter, very little milk
  • One 8 oz can of Ensure, DO NOT TAKE ENSURE PLUS

Clear Liquid Diet List:

Do not drink or eat anything with red or purple coloring. Red/purple food coloring can leave a residue in the bowel that resembles blood. Keep this in mind when purchasing Jell-O, Popsicle’s, hard candy, drinks, etc.
  • Beverages:
    • Water, coffee, or tea (no milk or non-dairy creamer)
    • Strained fruit juices with no pulp (apple juice, white grape juice, lemonade)
    • Soft drinks/Sports drinks (ginger ale, cola, Sprite, 7-Up, Gatorade)
  • Soups:
    • Chicken or Beef bouillon/broth, low sodium, fat free
  • Desserts:
    • Jell-O (lemon, lime, orange, NO fruit, NO toppings)
    • Popsicle’s (NO sherbets, NO fruit bars)
    • Hard candies

NO SOLID FOODS ALLOWED INCLUDING MILK/MILK PRODUCTS