

Minimally Invasive Surgeons of Greater Hartford, LLC

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INTESTINAL SURGERY BOWEL PREP:

A bowel prep is a regimen to cleanse the intestines of stool prior to intestinal surgery. Adequate bowel preparation is necessary to minimize the likelihood of complications from your surgery.

You will need to purchase 1 box of Fleet Phospho Soda at the pharmacy. It is sold over the counter, so you will not need a prescription.

On the day prior to surgery, you should be on a clear liquid diet (If you can see through it you can drink it). **You may not have any solid food at all the day before surgery.** Take a clear liquid diet all day until the time the hospital has advised you to stop eating or drinking.

You can have coffee or tea with sugar. No milk or dairy products are permitted. You can have clear broth, ginger ale, sprite, cranberry juice, apple juice or Jell-O. **Gatorade or sports drinks are encouraged** as they have necessary electrolytes and prevent dehydration.

At around 3 pm, take one dose of the Fleet Phospho Soda. Each dose is 1.5 ounces (3 tablespoons). You may either take the dose straight, followed by several glasses of clear liquids over the next half hour, or you may dilute 1 tablespoon of prep in 8 ounces of clear liquid and take 3 glasses over 30 minutes.

Be sure to have an accessible bathroom nearby as the prep is intended to give you diarrhea.

At around 5 pm, take a second dose of Fleet Phospho Soda.

Continue to take ample clear liquids until you go to sleep to prevent dehydration. Your bowel movements should be clear by the time the prep is finished.

If you have any questions, please call 241-0870 and speak with either Melissa or Clarice.