



# How to Prepare for Your Bowel Surgery

## 1-day GoLytely or Colyte prep

*This handout gives important instructions on how to prepare for your bowel surgery at University of Washington Medical Center.*

Your surgery is scheduled for:

Day: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_ a.m./p.m.

Doctor: \_\_\_\_\_

### Cleaning Out Your Colon

You must clean out your colon (bowel) before your surgery. If any stool is still inside your colon at the time of your surgery, your risk of having an infection is much higher.

We will give you a prescription for a solution to help with this “bowel prep.” The prescription will be for a 4-liter bottle of Golytely or Colyte. Buy this solution at a pharmacy.



*Call your nurse if you have any questions about your bowel prep.*

### What to Do

#### Starting 1 Week Before Your Surgery

- **Do NOT take aspirin or other products that affect blood clotting.** These include Bufferin, Anacin, Advil, Motrin, Nuprin, ibuprofen, Indocin, Naprosyn, Feldene, Clinoril, Voltaren, Ecotrin, and others. You may take Tylenol (acetaminophen) during this time.

#### Starting 2 Days Before Your Surgery, on \_\_\_\_\_

- **Do NOT eat solid foods.** You may have as much clear liquid as you like. Drink fruit juice without pulp, apple juice, white grape juice, cranberry juice, flavored drinks (carbonated or non-carbonated), clear broth, bouillon cubes dissolved in hot water, Jell-O, Gatorade, coffee and tea with no milk or cream, Kool-Aid, Snapple, and popsicles. **Note: Do NOT eat red Jell-O.** The red food coloring may look like blood in your bowel movements.
- If you are taking blood pressure or heart prescription medicines, keep taking them as prescribed.

### **The Day Before Your Surgery, on \_\_\_\_\_**

- At **8 a.m.**, start drinking the Golytely or Colyte.
  - Drink all 4 liters, over about 6 hours.
  - Drink each glassful at a pace that is comfortable for you.
- **Drink a lot of water** during your bowel prep to keep from getting dehydrated.
- You may keep drinking clear liquids until bedtime.
- **Do not eat or drink anything after midnight.** This includes candy, mints, and gum.

### **What will happen when I drink the solution?**

- You will have a feeling of fullness until you begin having bowel movements.
- You may have chills, and you can expect mild cramping.
- You will have many bowel movements, so stay close to toilet facilities.

### **Questions?**

Weekdays from 8 a.m. to 5 p.m., call the Surgical Specialties Nurse Advice Line at 206.598.4477.

After hours and on weekends and holidays, call 206.598.6190 and ask to page the resident on call for Surgery.

Or, ask to page your doctor:

Dr. \_\_\_\_\_