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## **Colon Surgery Bowel Preparation**

### **Day Before Surgery**

1) Clear liquid diet for breakfast, lunch, and dinner

Water

Gatorade or Kool-Aid

Coffee (without cream)

Tea

Clear Broth

Fruit juice without pulp

Ginger ale

Sprite or 7-Up

2) 2 PM- Nulytely (one gallon)- drink 8 to 10 ounces every 10 to 15 minutes until the bottle is empty.

3) Two (2) Fleet enemas ( one at a time ) between 6:00-8:00PM. Hold each for 3-5 min.

4) Neomycin 2 gm ( 4 pills ) and Flagyl 2gm ( 4 pills ) by mouth at 8PM **and** 11PM.

*Total of 8 pills at 8 PM and 8 pills at 11 PM.*

( Take 1 pill every 5 to 10 minutes. Do not take all the pills at the same time. )

**5) NOTHING BY MOUTH AFTER MIDNIGHT**

### **Day of Surgery**

If bowel movements are not clear prior to leaving the house for the hospital, do an additional Fleet enema ( hold at least 3-5 minutes ).

**\*\*\*Remember: No aspirin, ibuprofen, fish oil, or NSAID type medications (i.e. Naprosyn, Alleve, etc) for 7 days prior to surgery. Please ask our office if you have questions regarding your medications.\*\*\***

**Please call with any questions.**