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INSTRUCTIONS FOR TWO DAY BOWEL PREP (w/rx)

In preparing yourself for surgery, you must drink at least 8 ounces of clear liquid per hour on the day prior to your surgery (you do not have to continue this through the night hours). You MUST drink at least this amount to be sure that your body does not become dehydrated. This fluid also plays an important role in cleaning and flushing out your system. The liquid you drink may be clear fruit juices such as apple, cranberry or grape; tea or coffee Without milk or cream; soft drinks, plain water. You may drink more than the amount specified but not less.

The clear liquid diet does not allow you to consume foods, which will leave solid residue matter in your bowel. Foods allowed in addition to those above are: clear soups (fat free) and any flavor of Jell-O or gelatin.

In addition to liquids every hour, you are to do the following:

2 Days before surgery: Take 4 Bisacodyl tablets. Swallow tablets whole with a full glass of water. Do not chew or dissolve tablets. (Can be bought over the counter at your pharmacy).

Day before surgery: CLEAR LIQUIDS ONLY.

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| 9:00 am | Take Fleet Phospho-Soda. Pour contents (1-1/2 oz) into one-half glass of cool clear liquid.
Drink - followed immediately with one full glass of water. (For purposes of mixing with Phospho-Soda only - orange juice without pulp or tomato juice are allowable - this is the only time during your preparation that you may drink these.) (over the counter also) |
| 1:00 pm | 2 Neomycin 500mg, 1 Metronidazole 500 mg and K-Dur 20mEq by mouth. |
| 2: pm | 2 Neomycin 500mg, 1 Metronidazole 500 mg and K-Dur 20mEq by mouth. |
| 11:00 pm | 2 Neomycin 500mg, 1 Metronidazole 500 mg and K-Dur 20mEq by mouth. |

YOU ARE TO HAVE NOTHING TO EAT OR DRINK AFTER 12 MIDNIGHT ON THE NIGHT BEFORE ADMISSION.