BOWEL PREP INSTRUCTIONS FOR COLON SURGERY

- You will receive 3 prescriptions for your bowel prep. You will need to fill these prescriptions at a pharmacy before your surgery.
  - MoviPrep, 2 liters
  - Neomycin, 3 doses, 1 gram each
  - Metronidazole, 3 doses, 1 gram each

Your surgery is scheduled for:

Day: _____________ Date: ________________ Time: _____ a.m./p.m.

5 Days Before Your Surgery

- Fill your prescription for MoviPrep, Neomycin, and Metronidazole.
- Stock up on clear liquids listed below especially Gatorade type drinks.
- If you are allergic to any of these, you will be given a different medicine.

1 Day Before Your Surgery

- Do not eat any solid food.
- Drink only clear fluids such as juice (apple, grape, or cranberry), broth, black coffee, tea, lemonade, sports drinks, soda pop, or Jell-O. Do not drink unfiltered juices, such as apple cider.
- The MoviPrep carton contains 4 pouches and a container for mixing. The container has 4 lines on it. Each line marks 8 ounces.
- First thing in the morning, prepare the MoviPrep solution:
  - Empty 1 “Pouch A” and 1 “Pouch B” into the container.
  - Add lukewarm water to the top line of the container.
  - Mix to dissolve.
  - Refrigerate to improve the taste.
- Starting at 8 a.m., drink 1 glass (8 ounces) of the MoviPrep solution every 15 minutes. It will take 1 hour to drink all of it.
- When you have finished the MoviPrep solution, drink at least 4 glasses (8 ounces each, for a total of 32 ounces) of clear fluids of your choice. The laxative should cause diarrhea within 1 hour.
- Mix the 2nd container of MoviPrep the same way you prepared the 1st container. Refrigerate.
- Starting at 10 a.m., drink the 2nd container of MoviPrep. Drink 1 glass (8 ounces) every 15 minutes. It will take 1 hour to drink all of it.
After you have finished the MoviPrep solution, drink at least 4 glasses (8 ounces each, for a total of 32 ounces) of clear fluids of your choice. The laxative should cause more diarrhea.

- Keep drinking plenty of clear fluids throughout the day. This will keep you from getting dehydrated from the diarrhea.
- At **1 p.m.**: Take Neomycin (1 gram) and Metronidazole (1 gram)
- At **3 p.m.**: Take Neomycin (1 gram) and Metronidazole (1 gram)
- At **10 p.m.**: Take Neomycin (1 gram) and Metronidazole (1 gram)
- Do not drink (or eat) anything after **12 midnight**.

**The Day of Your Surgery**

- On the morning of your surgery, take all medicines that the Pre-Anesthesia Clinic or your surgeon told you were OK to take. Take them with only a sip of water.

**Special Instructions**

- If you have diabetes, your diabetes medicines may need to be adjusted. Please talk with your surgery clinic nurse.
- Please call your surgeon if you feel dizzy or have severe nausea, vomiting, or belly pain, or if you cannot finish drinking the MoviPrep.
- If your bowel movements are still solid or not turning clear in color after all of the above, do call your surgeon office right away.

**Call 911 right away** if you have any of these life-threatening symptoms after taking the MoviPrep:

- Wheezing
- Chest tightness
- Fever
- Swelling of your face, lips, tongue, or throat

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