



University Surgical Associates

Exceptional surgeons. Compassionate care.

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BOWEL PREP INSTRUCTIONS

******Please stop any aspirin or ibuprofen products 10 days prior to the procedure. If you are taking plavix, platol, Coumadin or any medicine that thins your blood, please call your doctor to arrange stopping it prior to the procedure.******

Bowel Prep (starts on) _____

Give two (2) Fleet Enemas the morning of procedure before coming to the hospital. Allow the enema to stay in five (5) minutes before evacuating.

Dietary Modifications

- 1. 24 hours before surgery or colonoscopy, begin clear liquids. NO SOLID FOOD. (Anything you can see through, NOTHING RED)**

***Examples of clear liquids: apple juice, grape juice, lemonade, broth, Jell-O, coffee, tea, Gatorade, Kool-Aid, Popsicles, and soft drinks.**

- 2. Nothing by mouth after midnight the evening before surgery or colonoscopy**