



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) _____

At 10am the day before your surgical procedure take (4) *Ducolax/Bisacodyl tablets* (over the counter) with water. Do not crush or chew.

***Go-Lytely* – Begin drinking at 3pm. Drink one 8oz glass every 10 minutes until you have consumed half of the gallon. To improve the taste, you may add one scoop of lemon Crystal Lite to the gallon and/or chill the solution. Drinking through a straw helps. When you are finished, your bowel movements will be clear yellow liquid without food particles.**

To prevent anal discomfort, apply a generous amount of *zinc oxide or desitin* to the area after each BM.

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**