

Dr. Lublin Bowel Prep for Colon Surgery

Bowel Prep Importance

Cleansing your bowels with MoviPrep and antibiotic pills before surgery decreases your risk of infection. Please read the entire document below about how to perform your bowel preparation correctly.

What supplies do I need to prepare for my bowel prep?

Please pick up the following items **2** days before surgery or sooner.

1. **MoviPrep** (We will give you a prescription for this.)

2. **Neomycin and Flagyl (metronidazole) antibiotics** (We will give you prescriptions for these.)
 - a. 6 (six) 500-milligram Neomycin tablets
 - b. 3 (three) 500-milligram (Flagyl) metronidazole tablets

3. **Clear liquid items** for your diet the day before surgery, such as Gatorade, Jell-O, broth, some juices, soft drinks, Italian ice, etc. (see list on next page)

Recommended Clear Liquids

- Water (the best)
- Sugar-free drinks
- Skim milk
- Diluted fruit juice
- Snapple
- Crystal Lite
- Popsicles (sugar-free)
- Tea (decaffeinated as much as possible)
- Coffee (decaffeinated as much as possible)
- Ice
- Broth (Strained Thin Soups)



Not allowed:

- Milk, cream
- Orange juice, tomato juice, grapefruit juice
- Alcohol
- Any liquid you cannot see through

Bowel Prep Instructions

Follow this timeline the day before surgery:

- **Breakfast**

Clear liquid diet. You may drink any amount in any combination from the list above.

- **7 am**

Put the Moviprep bowel prep liquid in the refrigerator to chill. It is easier to drink when it is cold.

- **9 am - noon**

Drink the Moviprep liquid. The best way to do this is to quickly drink an 8-ounce glass every 10 minutes until it is completely gone. Since there are 4 liters of the Moviprep, this will take about 3 hours.

- **1 pm**

Take Neomycin (2 tablets/1 gram) and (Flagyl) metronidazole (1 tablet/500mg)

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- **2 pm - 6 pm**

Continue drinking 8 oz. clear liquids every hour to avoid dehydration.

- **Dinner (6pm to midnight)**

Clear liquid diet (any combination/any amount).

- **10 pm**

Take Neomycin (2 tablets/1 gram) and (Flagyl) metronidazole (1 tablet/500mg).

- **12 midnight**

Nothing to drink or eat after midnight