

Bowel Preparation for Colon Surgery

One day before surgery:

8:00am: Have a breakfast of your choosing, but the lighter the better.

After Breakfast: Drink only clear liquids at this point. (Water, Gatorade, Juice, Clear Broths, Coffee/Tea without creamer, etc) The prep can be dehydrating so drink plenty of fluids through the day.

9:00am: Take two Dulcolax tabs available over the counter

10:00am: Drink the bowel prep ordered from the pharmacy as per instructed on the package or by the pharmacist. The preparations vary so consult the pharmacist or call me with any questions.

Within a few hours you will start to have bowel movements. Ideally these will become clear before the morning of surgery.

If you fail to have a bowel movement or if you are still having solid or semi formed stools by 5pm, Please call Dr. Lundy.

Day of Surgery:

Do not eat or drink after midnight the day of surgery. You may be instructed by anesthesia or Dr. Lundy to take a pill with a sip of water, and this is ok. Sometimes the prep can cause cramping. This is normal but should get better with bowel movements.

If you have any questions or concerns, do not hesitate to call.

David J. Lundy, MD

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