

INSTRUCTIONS BEFORE SURGERY

Bowel Preparation with PEG-3350 & Electrolytes Oral Solution

Your surgeon has decided that you should prepare your bowels prior to surgery. The goal of the bowel preparation is to clean your bowel so that stool will not be present that could compromise your scheduled surgery. This will make your surgery safer and reduces the chances of infection and injury to the bowel.

If these instructions are not followed, then your surgery may be cancelled.

Eating and drinking the day before Surgery: Clear Liquids only the day before surgery

1. The entire day before your surgery, stop eating all solid food including hard candy, gum, mints, and milk products and begin a clear liquid diet. Clear liquids are anything you can hold up to a light and see through. Caffeine and alcohol should be avoided as they can dehydrate you. **After MIDNIGHT, water and water ONLY may be consumed up to 3 hours before surgery.**
2. **ONLY** the following clear liquid items are allowed:
 - a. Water
 - b. Clear broths and bouillon without flecks of meat or vegetables in it
 - c. Clear juices – apple juice, grape juice, cranberry juice
 - d. Clear beverages – 7-up, Sprite, Ginger Ale, Gatorade, Crystal Light,
 - e. Other items – clear Jell-O & popsicles without fruit

PEG-3350 & Electrolytes Oral Solution Administration Instructions:

1. The Electrolytes Oral Solution should be mixed as follows, no more than 48 hours prior to use:
Pour water into the container of powder. Replace the bottle cap and shake well until all ingredients have dissolved. Do not add sugar or flavoring containing sugar. (Only Crystal Light Lemonade or flavor pack provided with product is allowed). Refrigerate after mixing.
2. Begin drinking the electrolytes oral solution between 12 Noon and 5PM the day before surgery. Drink a large glass (about 8 oz.) of this solution every 10-15 minutes. It is best to drink the whole glass rapidly, rather than sipping small amounts continuously. Finish the total bottle until empty. This should take about 4 hours from the time you began drinking the electrolytes oral solution. It is OK to drink clear liquids during this time.
3. Bowel movements should occur about one hour after the first glass of the electrolytes oral solution and will continue periodically for approximately 1-2 hours after you finish drinking the last glass. By this time, the stool liquid should be clear or yellow. The earlier you start the electrolytes oral solution, the sooner the bowel movements will stop.
4. Feelings of bloating and/or nausea are common after the first few glasses due to the volume of liquid ingested and as the electrolytes oral solution starts to take effect. Follow directions for your anti-nausea medication if prescribed by your surgeon.
5. Once you have completed the Electrolytes Oral Solution, continue a clear liquid diet until Midnight.

For questions or concerns before the day of surgery, please call:

Surgery Clinic Department 286
Monday – Friday 8:30AM – 5:00PM
(408) 851-2000

Medical Advice (after hours, weekends, or holidays)
(408) 554-9800