

INSTRUCTIONS BEFORE SURGERY

Bowel Preparation for Rectal Surgery/Procedure With Fleet Enema

Preparation for your rectal surgery/procedure:

PURCHASE OVER THE COUNTER TWO (2) FLEET ENEMAS

Eating and drinking the day before your rectal surgery/procedure:

1. Finish eating a regular meal by 6:00 PM the night before your surgery/procedure. After 6:00PM, **STOP ALL SOLID FOOD** including candy, mints and chewing gum and begin clear liquids. 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.
CLEAR LIQUID DIET-Only these 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
2. If you consume any solid food, thick liquids, milk or powdered creamer after 6:00PM the evening before your surgery, **your surgery will be cancelled.**
3. **After MIDNIGHT, water and water ONLY may be consumed up to 3 hours before surgery.**

Enema administration before your rectal surgery/procedure:

An essential part of your preparing for your surgery/procedure is the Fleet enema. You must administer the Fleet enema rectally according to the easy-to-follow instructions that comes with the enema.

1. Administer one enema the **evening** before your surgery/procedure **by 9:00PM.**
2. Administer the second enema the **morning** of your surgery/procedure **two (2) hours before leaving for the hospital.**

THESE ENEMAS ARE ESSENTIAL FOR RECTAL SURGERY/PROCEDURE PREPARATION.

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