

Preoperative Instructions for Anorectal Surgery

Fibrin Glue Therapy / AFB Plug with bowel preparation

PURCHASE YOUR PREP EARLY

- Gallon Solution
- 1 Regular Fleet Enema
- 4 Dulcolax tablets
- 3 Metronidazole 500mg
- 3 Neomycin 1gm

Go to your pharmacy and purchase the Gallon Solution and antibiotics using the prescription provided, 4 Dulcolax tablets, which can be purchased over-the-counter, and 1 regular Fleet enemas which can also be purchased over-the-counter. Sometimes your pharmacy may need to order the Gallon solution for you, so go to your pharmacy several days prior to the start of your preparation.

TWO DAYS BEFORE YOUR PROCEDURE

6:00 pm **Eat a liquid meal.** This includes: fruit juice, water, soft drinks, tea/coffee, protein drink, canned drink such as Ensure, Boost, Slim Fast, broth, Jell-O, or Gatorade. Continue liquids until only 6 hours prior to your procedure.

THE DAY BEFORE YOUR PROCEDURE

7:00 am **Take Neomycin and Metronidazole antibiotics**

8:00 am **Eat a liquid meal.**

12:00 Noon Eat a **clear** liquid meal. This includes any liquid you can see through such as broth, tea, coffee, Gatorade, ice popsicles, but no dairy products.
Please note: Avoid red colored liquids because red dye could be mistaken for blood in your colon.

1:00 pm **Take Neomycin and Metronidazole antibiotics**

1:00- 4:00pm Drink 8 oz of water or clear liquid each hour to avoid dehydration.

4:30 pm Take 4 Dulcolax tablets with 8 oz water.

5:00 pm Mix contents of the Gallon powder with 1 gallon of tap water, shake to dissolve, add any flavoring, and then fill completely. Chill for no longer than 30 minutes.

5:30 pm Drink Solution as quickly as possible, finishing ½ the solution by 7:30 pm.

Continue drinking solution until solution is finished. Shake the gallon before each glass is filled.

9:00pm **Take Neomycin and Metronidazole antibiotics**

Helpful Hints

- Flavoring the solution with 1-2 tbsp of pre-sweetened powder (no red colored powders please) may help if your solution comes to your unflavored.
- If you feel full while drinking, rest for a few minutes before continuing to drink.
- If you have chronic diarrhea, ulcerative colitis, or have had difficulty with Dulcolax in the past, do not take the Dulcolax.
- Remain at home after beginning the solution.

IF YOU DEVELOP NAUSEA OR VOMITING WHILE DRINKING THE SOLUTION, STOP. Go to the drugstore and purchase an enema bag and Dulcolax suppository. At least 4 hours before your procedure, give yourself warm tap water enemas (2 pints at one time). Continue this every hour until the colon is clear of stool. Give yourself a Dulcolax suppository one hour before leaving home.

THE DAY OF YOUR PROCEDURE _____

1. **Do not eat or drink anything 6 HOURS prior to your Procedure**, or it may be canceled.
2. **Use Enema:** Give yourself a regular fleet enema 2 hours before leaving home.
3. Have a Driver take you to your Procedure.
4. Take Medications as Instructed by your Doctor with a sip of water.

Report to outpatient registration at (time): _____.

Location: Surgery Center Plus
7430 N. Shadeland
Suite # 100
317-841-8005

Community Hospital North
7150 Clearvista Parkway
317-621-5004

Bring a responsible adult driver to accompany you, to remain there during the procedure and drive you home. A cab driver alone is not acceptable. Arrange for someone to stay with you for the first 24 hours.

Should I take my medication prior to my surgery?

Stop taking aspirin (except baby aspirin), anti-arthritis, or blood thinning drugs at least 7 days prior to your surgery and 2 weeks after surgery. Consult your doctor before stopping any medication. If you are taking **Coumadin, Plavix or Aspirin** notify your physician by calling 317-841-8090 extension 229. **Do not take insulin** medication on the morning of your surgery.

What other concerns should be addressed prior to my surgery?

Notify the doctor/nurse if you have **heart valve problems, a pacemaker, arterial grafts or previous endocarditis**. You may need pre-op antibiotics.

If you are pregnant or suspect you may be pregnant notify the doctor/nurse. If you have a fever or congestion notify the doctor or nurse.

Wear comfortable clothes and leave your valuables at home.

Rev 01/06