



# TLC Medical Group, S.C.

## *Women's Health*

40W222 LaFox Rd (Suite J1)  
St. Charles, IL 60175

Office (630) 513-9160

Fax (630) 513-9617

### ***Bowel Prep Instructions***

Depending on the type of surgery you will have, you may be instructed to undergo a Bowel Preparation (Bowel Prep). A bowel prep is a process where 24 hours prior to your scheduled procedure, you will undergo a series of simple steps at home to facilitate the emptying of your bowels. This is done for a multiple of reasons. First, since the procedure will be performed laparoscopically, there will be very limited room in the abdomen to work in, especially if a large-sized pathology is present. Therefore by decompressing the bowel, bowel mobility and surgical visualization will be enhanced for the surgeon. Second, in case an inadvertent injury to the bowel occurs, the repair will be simplified without the concern of possible stool contamination.

The bowel prep consists of **3** things: **diet, antibiotics, and medication.**

24 hours prior, you will need to go on a clear diet (diet consisting of any food that can be seen through). This is basically limited to Jello, water, clear juice, and Chicken Broth. You cannot eat anything after midnight.

You will need to pick up a prescription for **Golytely**, a bowel preparation kit you can obtain from your local pharmacy. It is a 4-liter flavored drink that will facilitate the emptying of your bowels, but you will only need to drink just 2 liters. Please follow the instructions to prepare the medicine (add water to the powdered bottle). Although you will only be consuming 2 liters, you must prepare it as if you will be drinking all 4 liters. **DO NOT** add just 2 liters of water since this will double the concentration. The solution will be clear and colorless, and it may be refrigerated. You can add the flavor pack if desired. The solution must be consumed within 48 hrs of reconstitution (since addition of water). Please drink approximately a 10 oz glass every 10-15 minutes, rather than drinking small amounts continuously until finished. A watery bowel movement will start approximately one hour after starting the solution. You may experience loose bowel movements for 1-2 hrs after you have finished drinking the solution.

Lastly, 2 antibiotics will be ordered by your physician/nurse. The 2 antibiotics are Erythromycin and Neomycin. If you happen to be allergic to any of these medications, simply let your physician/nurse know. You will need to take these 2 antibiotics 3 times throughout the day: once after breakfast, again around 4pm, and finally at bedtime. It is possible that you may experience mild nausea and/or vomiting. Extra antibiotic pills will be ordered in case this may occur.

The bowel prep instructions may sound intimidating, but it really is not. Believe it or not, the process will be accomplished without too much difficulty. You can always contact your doctor if you experience any problems. Please hang in there. Relief is just around the corner...