ABDOMINAL SURGERY BOWEL PREPARATION INSTRUCTIONS

Arrive at ___________________________ Hospital at ________________ on _____________________.

PLEASE CALL MELISA WITH QUESTIONS (503)216-5380

☐ Scott M. Browning, M.D.
☐ Megan M. Cavanaugh, M.D

❖ SEVEN DAYS PRIOR to your procedure, avoid aspirin, Advil, ibuprofen, Nuprin, Aleve or other Non-Steroidal Anti-Inflammatory Drugs (NSAIDS). Tylenol products are fine. Also, avoid herbal medicines and supplements including Fish Oil, Vitamin E, Ginger, and Garlic.

❖ Blood-thinning medications such as Coumadin, Plavix, Ticlid, Persantine, Aggrenox and Lovenox need to be discontinued prior to your procedure. Please contact your prescribing physician for instructions well in advance; you may need to discontinue these drugs up to TEN days prior to your procedure. Please notify us if your prescribing physician does not want the medication discontinued.

❖ Continue taking your other prescribed medications (including blood pressure and heart medications) as usual, including the morning of your procedure.

❖ One Week prior to your surgery: Purchase your prescription for HalfLytely (NuLytely/GoLytely/TriLytely) from your pharmacy.

❖ SURGERY BOWEL PREPARATION TO BE DONE THE DAY PRIOR TO YOUR SCHEDULED SURGERY:
  • Clear liquids for all meals the day prior to procedure (see list below).
  • At 10:00 A.M., fill 4 liter container of HalfLytely (NuLytely/GoLytely/TriLytely) with water to the fill line, store in refrigerator until 1:00 P.M.
  • Starting at 1:00 P.M., drink one 8oz glass of HalfLytely (NuLytely/GoLytely/TriLytely) every 10 minutes until gone (drink each glass quickly rather than small amounts continuously).
  • After finishing the container of HalfLytely (NuLytely/GoLytely/TriLytely), drink plenty of clear liquids until bedtime (OK to drink until midnight only) to prevent dehydration before the procedure.
  • Nothing by mouth after midnight the evening before the procedure except for medications with sips of water.

CLEAR LIQUIDS INCLUDE:

*Strained fruit juices without pulp (apple, white grape, powdered lemonade)
*Water
*Clear broth or bouillon
*Coffee or tea (without milk or non-dairy creamer)
*Gatorade
*Carbonated and non-carbonated soft drinks
*Kool-Aid or other powdered fruit drinks
*Plain Jello (without added fruits or toppings)
*Ice Popsicles