

# Maine Medical

## PARTNERS

### Surgical Care Casco Bay

## Getting Ready for Your Colon Surgery

This document will help you know what to do to get ready for your colon surgery. The checklist will help you remember what to do. You can check each item off as you complete it. Please call us with any questions.

### **The month before your surgery**

- One month before surgery, stop smoking. Call 1-800-207-1230 for help and support.
- Two weeks before surgery, stop drinking alcohol. Ask us for help finding support or treatment.
- If you think you might need help after leaving the hospital, (with visiting nurses in your home, or a short stay in a skilled nursing facility before you go home) please begin to research local facilities near your home.

### **Five (5) days before your surgery**

Check each item off as you do it.

- Keep taking all your other usual medications unless your doctor tells you to stop.
- Go shopping for these medications. Ask a pharmacist if you are not sure where to find them.
- Dulcolax (Bisacodyl) - 4 tablets
- Miralax - a 238 gram bottle
- Gatorade - 64 oz. bottle in any color except red or purple. If you have diabetes, please use Crystal Light instead.
- Antibiotic pills - usually 2 different pills that your doctor prescribes
- Anti-nausea medication (your physician will prescribe something)

### **The day before your surgery**

Check each item off as you do it.

- 7 am: Eat a light breakfast (for example, an egg on toast)
- After breakfast, don't eat any more solid foods. You can only drink clear liquids.

Here are some clear liquids that you can drink:

- Water
- Strained juices with no pulp
- Sodas and soft drinks
- Mineral water
- Chicken broth
- Coffee (no milk or cream)
- Tea (no milk or cream)
- Gatorade ( use Crystal Light if you are diabetic)

Do **NOT** drink any of these:

- Milk
- Anything made from milk

- Orange juice or V8 juices
- Red or purple liquids
- Alcohol

- Noon: Take 4 Dulcolax tablets with clear liquids.
- 1 pm: Mix Miralax with 64 ounces of Gatorade (use Crystal Light if you are diabetic). Shake well. Put the mixture in your refrigerator.
- 3 pm: Start drinking the Miralax/Gatorade mixture. Drink 1 cup (8 ounces) every 15 minutes until it is gone.
- 5 pm: Take your first dose(s) of antibiotic pills. Keep drinking clear liquids.
- 5 pm or later: Take a shower sometime in the evening. A bottle of “Betasept” is needed so you can use it in the shower. Follow these directions for using “Betasept”:
  1. Wash your whole body all over with your own soap, and rinse off.
  2. Turn water off or turn your back to the running water.
  3. Apply half the bottle of “Betasept” soap from neck to top of the thigh, and wash gently for two (2) minutes without rinsing off. Avoid getting this soap in your eyes.
  4. After two minutes of gentle washing, rinse thoroughly.
  5. Use a fresh clean towel to dry yourself off, and put on clean underwear and clothing.
- 11 pm: Take your second dose(s) of antibiotics pills.
- Midnight: After midnight, don’t eat or drink anything unless your doctor says it is ok.

### **The day of your surgery**

Check each item off as you do it.

- Take a morning shower with “Betasept”. (Use the remaining half of the bottle). Follow these directions:
  1. Wash your whole body all over with your own soap, and rinse off.
  2. Turn water off or turn your back to the running water.
  3. Apply half the bottle of “Betasept” soap from neck to top of the thigh, and wash gently for two (2) minutes without rinsing off. Avoid getting this soap in your eyes.
  4. After two minutes of gentle washing, rinse thoroughly.
  5. Use a fresh clean towel to dry yourself off, and put on clean underwear and clothing.
- Take your daily medications with a sip of water. This includes any medicine you take for your blood pressure or your heart.
- If your surgery is in the afternoon, you can have small amounts of clear liquid (a few sips) until 4 hours before you come in.

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