

SURGERY CALENDAR FOR YOUR UPCOMING SURGERY

					<u>SURGERY DAY-</u>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	MORNING SHAKE
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LUNCH SHAKE
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DINNER SHAKE
SHAKES	SHAKES	SHAKES	SHAKES	SHAKES	**12-20 OZ OF GATORADE OR POWERADE ON WAY TO HOSPITAL.
			CLEAR LIQUIDS	BOWEL PREP ANTIBIOTICS BODY WASH ½	BODY WASH ½

INFORMATION ON IMPACT SHAKES

Impact has 15 grams of carbohydrates per container, and is gluten-free and lactose-free.

You will drink these starting five days prior to your surgery, drinking them 3 times a day.

Placing your shakes in the fridge or pouring over ice will help with taste.

You can also use flavored syrup or powder.

INFORMATION ON BODY WASH

You will have a small bottle of chlorhexidine body wash. You will wash your body/abdomen the night before surgery and the morning of surgery.

ANTIBIOTICS

You will be given a script to take to your pharmacy for two antibiotics. You will take these the day before surgery.

You will take 2 of each medication at 11 am and 5pm.

BOWEL PREP YOU WILL NEED A BOTTLE OF MAGNESIUM CITRATE

Two days before surgery you will start a clear liquid diet. PLEASE CONTINUE TO DRINK YOUR SHAKES!

The day before surgery you will continue with the clear liquid diet and your shakes.

Before noon drink half the bottle of magnesium citrate and then the other half after 4pm.

If you have questions please call our office at 380-898-5561.

REMINDER: NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE DAY BEFORE YOUR PROCEDURE AND THE DAY OF YOUR PROCEDURE. YOU WILL NEED TO DRINK YOUR 12-20 OZ OF GATORADE ON THE WAY TO THE HOSPITAL DAY OF SUREGRY AND STOP DRINKING ONCE YOU ARRIVE.

Clear Liquid Diet

On a clear liquid diet the following liquids are allowed:

- Water
- Soft drinks
- Gatorade and other sports drinks
- Kool-Aid
- Juices: apple, cranberry, grape
- Strained lemonade, powdered fruit mixes
- Tea, decaffeinated tea
- Coffee, decaffeinated coffee
- Broth, bullion
- Jell-O
- Popsicles
- Fruit ices made without cream pudding, or fruit pieces
- Hard candy, honey, sugar

The following **are not allowed**:

- Milk and dairy products
- Orange juice and fruit nectars
- Alcohol

If your procedure involves the digestive system (esophagus, stomach or bowels), **avoid all** red liquids, red Popsicles, red Jell-O, and red hard candy.

You may want to limit liquids with caffeine. These can upset an empty stomach.

Patient Copy

Two days prior to surgery: _____

1. Begin a clear liquid diet. (See attached list)

One day prior to surgery:

1. Continue with the clear liquid diet.
2. Drink ½ bottle of Magnesium citrate before noon and ½ bottle of _____
same after 4:00 p.m.
3. Take 2 (two) 500 mg tablets of neomycin and 2 (two) 500 mg tablets of Erythromycin by mouth at 11:00 a.m. and 5:00 p.m..
4. DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT
5. PLEASE DRINK 12-20 OZ OF GATORADE ON THE WAY TO THE HOSPITAL. STOP DRINKINNG ONCE YOU ARRIVE.

Bowel Prep Instructions

Two days prior to surgery:

1. Begin a clear liquid diet. (See attached list)

One day prior to surgery:

1. Continue with the clear liquid diet.
2. Drink ½ bottle of Magnesium citrate before noon and ½ bottle of same after 4:00 p.m.
3. Take 2 (two) 500 mg tablets of neomycin and 2 (two) 500 mg tablets of Erythromycin by mouth at 11:00 a.m. and 5:00 p.m.
4. DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT