

Information Booklet “Enhanced Recovery After Surgery (ERAS) for Colon Surgery”:
<https://vch.eduhealth.ca/en/permalink/phem3025>
Also available in Chinese Simplified

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Bowel Preparation Instructions for Colon or Hernia Surgery

Bowel Preparation to Purchase from the Drugstore (prescription not needed):

- **Bi-PegLyte Kit (Polyethylene Glycol 3350 + Electrolytes + Bisacodyl Tablets)**
 - The kit contains 2 sachets of powder and 3 tablets.
 - Call the pharmacy ahead to ensure it is in stock.

For colon surgery, you will receive the following antibiotic prescriptions to take the day before surgery:

- Neomycin – from the Pre-Admission Clinic (PAC)
- Metronidazole – from Dr. Liu Hennessey’s office
- Follow all bowel preparation and antibiotic timing and instructions from the PAC.

For hernia surgery, you DO NOT need antibiotics (even if the PAC gives them to you).

Follow these bowel preparation instructions:

Two nights before surgery:

1. Take Bisacodyl 15mg (5mg x 3 tablets) at bedtime. Do not chew or crush the pills.
2. Mix PEG 3350 with electrolytes - Prepare 2 containers each containing 70 grams of PEG and 1 litre of cold water. Cold water can improve the taste. Mix until dissolved and then refrigerate.

Day before surgery:

1. **At 8:00 a.m.** – Using the first container of PEG 3350 with electrolytes, drink 1 cup (250 mL) of the solution every 10 to 20 minutes until the entire litre is gone. It is important that you drink at least 4 to 6 cups of clear fluids after the PEG preparation. This plays an important role in preventing dehydration, and cleaning and flushing the colon. Do not eat solid food until after surgery. Drink clear fluid diet only until midnight.
2. **At 11:00 a.m.** – Repeat step 1.

About Bowel Preparation:

Bowel preparation medication triggers bowel clearing diarrhea. A person can lose three to four litres of fluid a day, so it is very important to drink lots of fluid the day prior to your procedure/surgery to stay hydrated. Dehydration is not pleasant and can cause weakness, dizziness, headache and fatigue. The medication will start working in one to three hours for most people. If you have a sensitive system, it could work much sooner. Make sure you do not leave your home once you have taken the medication! The medication also makes your bowel very active, so your stool will be more acidic. Consider using baby wipes instead of toilet paper, having a few shallow baths, and applying Vaseline or zinc ointment. Other notes:

- Drinking only water can cause electrolyte issues which can lead to heart problems or seizures.
- Watch for possible side effects including nausea, vomiting, abdominal bloating, and light-headedness.
- Get medical attention if you experience ongoing vomiting, severe stomach pain, bloody bowel movements, chest pain, or fainting.

