

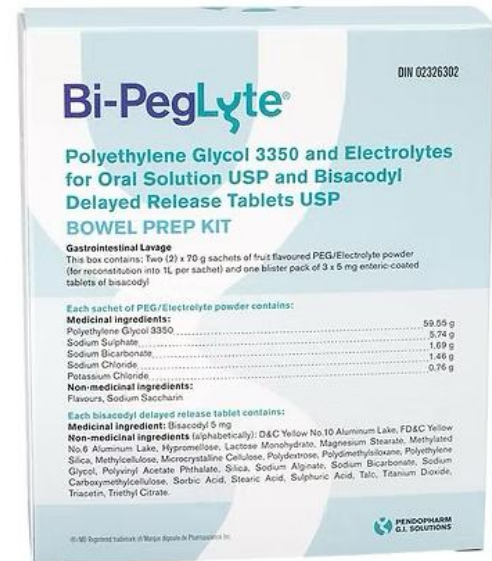
## Bowel Preparation Instructions for Colon or Hernia Surgery

**Surgery Date:** \_\_\_\_\_

→ See “OR Admitting Information” from Dr. Liu Hennessey’s office for your surgery location and check in time.

### Bowel Preparation to Purchase from the Drugstore:

- **Bi-PegLyte Kit (Polyethylene Glycol 3350 + Electrolytes + Bisacodyl Tablets)**
  - The kit contains 2 sachets of powder and 3 tablets
  - You do NOT need a prescription. You may wish to call the pharmacy ahead of your visit 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
- **For hernia, surgery, you DO NOT need antibiotics** (even if the pre-admission clinic tells you otherwise)



### Bowel Preparation Directions for the Day Prior to Your Surgery:

1. **At 9:00 a.m.** – Take/swallow all 3 Bisacodyl pills (stool softener) at the same time with water. DO NOT chew/crush the pills. No Antacids should be taken within one hour of taking the Bisacodyl pills. Your first bowel movement should occur within 6 hours after taking the Bisacodyl pills.
2. **At 3:00 p.m.** – Mix the first sachet of powder in 1L (4 cups) of room temperature/cold water. Drink the solution within 1 hour.
3. **At 7:00 p.m.** – Repeat step 2.

### 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 colonoscopy 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.
- Please be prepared! Your colonoscopy may be cancelled or may need to be repeated if all of the instructions provided to you are not followed.