

Enhanced Recovery After Surgery (ERAS)

Bowel Preparation

Pre-Operative Information for Patients Having Surgery at VGH/UBC

Your surgeon has ordered you to take laxatives and antibiotics before your operation. These medications help clear your bowel and are a very important part of your pre-operative preparation. They may cause gas and cramps as they take effect. **If you do not take these medications, your surgery may be cancelled.**

Place a ✓ in the box when you take the medications or prepare the PEG solution.

Two nights before surgery:

- ☐ Bisacodyl - Take 15 mg (3 x 5 mg tablets) at bedtime.
- ☐ 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 at 8:00 am:

- ☐ Using the first container of PEG 3350 with electrolytes, drink 1 cup (250 mL) of the preparation 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 (please refer to page 3 for clear fluid diet information)

Day before surgery at 11:00 am:

- ☐ Using the second container of PEG 3350 with electrolytes, drink 1 cup (250 mL) of the preparation 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 fluid diet after the PEG preparation.

This plays an important role in preventing dehydration, and cleaning and flushing the colon.

Day before surgery at 1 pm:

- ☐ Take metronidazole 1 g (4 x 250 mg tablets)
- ☐ Take neomycin 1 g (2 x 500mg capsules)

Day before surgery at 3 pm:

- ☐ Take metronidazole 1 g (4 x 250 mg tablets)
- ☐ Take neomycin 1 g (2 x 500mg capsules)

Day before surgery at 8 pm:

- ☐ Take metronidazole 1 g (4 x 250 mg tablets)
- ☐ Take neomycin 1 g (2 x 500mg capsules)

The evening before surgery prior to midnight:

☐ **Carbohydrate Loading (for patients not taking Insulin):**

In the evening choose a drink from below:

Choose one to drink:	Amount	
PREcovery	2 packages (mix each package in 400 mL of water and drink over 2 hours)	
Apple juice	500 mLs	2 cups
Cranberry juice (red or white)	500 mLs	2 cups

Midnight until day of surgery

After midnight, you may drink fluid(s) (water, clear apple juice or clear cranberry juice) until **ONE** hour before hospital check-in time.

Day of surgery

☐ **Carbohydrate Loading (for people not taking Insulin):**

1 hour before your check-in time at the hospital, choose a drink from below:

Choose one to drink:	Amount	
PREcovery	1 package (mix each package in 400 mL of water and drink within 20 minutes)	
Apple juice	250 mLs	1 cup
Cranberry juice (red or white)	250 mLs	1 cup

STOP drinking all fluids once you have finished this drink.

☐ **Carbohydrate Loading (for people with Diabetes On Insulin):**

1 hour before your check-in time at the hospital, drink 250 mL (1 cup) of water. You may drink clear apple juice or clear cranberry juice instead (up to 250 mL) if you feel hypoglycemic.

Clear Fluid Nutrition Therapy

- **Follow the clear fluid diet instructions until midnight on the night before surgery.**
- The clear fluid diet includes fluids and foods that are transparent (you can see through them).
- This diet **DOES NOT** include milk or dairy items.

FOOD GROUP	FOODS RECOMMENDED	
Food	Flavoured gelatin/Jello (any flavor) Broth (chicken, beef or vegetable) Popsicle	
Beverages	Clear fruit juices without pulp (apple or red/white cranberry) Water or ice chips	Black coffee or tea Sports drinks Clear soda

Clear Fluid Sample 1-Day Menu (1 cup = 250 mLs = 4 ounces)

Breakfast	1 cup juice without pulp 1.5 cups broth 1 cup gelatin	2 cups clear soda Water, ice 2 cups black coffee or tea
Lunch	1 cup juice without pulp 1.5 cups broth 2 cups clear soda	Water, ice 1 popsicle 2 cups clear drink
Dinner	1 cup juice without pulp 1.5 cups broth 1 cup gelatin	2 cups clear soda Water, ice 2 cups clear drink
Evening snack	1 cup juice without pulp	1 popsicle

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Where to buy:

1. PEG 3350 with electrolytes and Bisacodyl:

You can buy the laxatives PEG 3350 with electrolytes (2 x 70 gram packets) and bisacodyl (3 x 5 mg tablets) at a local pharmacy.

2. Metronidazole (Antibiotic):

You should have received a prescription for metronidazole from your surgeon's office.

3. Neomycin (Antibiotic)

Neomycin will be supplied to you in the Pre-Admission Clinic.

4. PREcovery carbohydrate Drink:



PREcovery is evidence supported to show improved patient outcomes during and after surgery. However, PREcovery, apple juice, or cranberry juice are all recommended options. If you are interested in purchasing the PREcovery, it is available at the Vancouver General Hospital Gift Shop located on the first floor of Jim Pattison Pavilion.



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decisions together
with patients
and families

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