



HOW TO PREPARE FOR YOUR OPERATION

You are scheduled to have colorectal surgery soon. There are 2 very important things you need to do to get ready for this surgery:

IMPORTANT

- ✓ **Bowel preparation**
- ✓ **TWO (2) special showers with CHG soap**
 - We will give you a special antibacterial soap to use called Chlorhexidine Gluconate (CHG) 4% antiseptic solution (ex. Hibiclens.)

Here are step-by-step instructions on how to do the bowel preparation ("bowel prep") and special showers:

- Two (2) days before surgery, go to your pharmacy and:
 - ✓ Buy *Boost* (or *Boost Diabetic* if you have diabetes)
 - ✓ Fill the prescriptions needed for bowel prep:
 - NuLYTELY
 - 2 different antibiotics
 - metronidazole (Flagyl)
 - Neomycin sulfate.

THE DAY BEFORE SURGERY

Bowel Prep Instructions

- ✓ Drink only clear liquids throughout the day: water, gelatin desserts, juice (no pulp), popsicles, clear broth (no vegetables or noodles), sports drinks, or tea and coffee without milk.
- ✓ 1:00 p.m.: take 1 metronidazole pill and 2 Neomycin pills.
- ✓ 2:00 p.m.: take 1 metronidazole pill and 2 Neomycin pills.

Bowel Prep Instruction (continued)

- 3:00 p.m.: start drinking the NuLYTELY.
 - ✓ Drink a large glass (about 8 oz.) every 10 minutes. It is best to drink the whole glass very fast, rather than sipping small amounts for a longer time. *Keep drinking until the gallon is gone.*
 - Feeling bloated and/or nauseated is common after the first few glasses. This is temporary and will get better once bowel movements begin.
- ✓ 11:00 p.m.: take 1 metronidazole pill and 2 Neomycin pills.
- ✓ 11:00 p.m.: drink the *Boost* or *Boost Diabetic*.

IMPORTANT

Drink plenty of clear liquids (sports drinks are best) the evening before surgery to keep from getting dehydrated. **Do not eat or drink anything after Midnight (12:00 a.m.).**

Shower Instructions

- ✓ Take the first of your 2 showers the night before surgery.
- ✓ Wash and rinse your hair first using your regular shampoo.
- ✓ Wet your skin in the shower and then turn the water off.
- ✓ Using the CHG soap, gently lather your whole body from the chin down. You may use a washcloth.
- ✓ Wash your whole body but pay special attention to your neck, chest, belly, and groin, including groin creases. Please include belly folds, belly button and under the breasts.
- ✓ **AVOID** getting the soap in your eyes, ears, mouth or nose.
- ✓ Let the lather remain in contact with your skin for at least 15-20 seconds. Rinse well.
- ✓ **DO NOT** rewash with regular soap.
- ✓ After your shower, pat yourself dry with a clean, freshly washed towel.
- ✓ **DO NOT** apply lotions, perfumes, hair products or makeup.
- ✓ **DO NOT** shave yourself in the surgical area. This can increase the chance of infection.

THE DAY OF YOUR SURGERY

- ✓ Take the second of the 2 showers with the CHG soap in the morning before leaving home. (See above instructions.)
- ✓ Arrive at the pre-operative area at your scheduled time.

The following information will help you understand your hospital stay and what you can expect as you recover from surgery. These guidelines will help you recover as quickly as possible, as well as reduce the risks of some potential complications.

- When you wake from surgery you will likely have an IV tube. This IV is connected to a pain pump that you can control to help manage your pain after surgery. (The nurses will show you how to use it).
- Because the medications used to make you sleep during surgery will temporarily keep you from urinating on your own, you will also have a catheter (a thin, flexible tube) to drain urine from your bladder.
- ✓ When you are fully awake, start your breathing exercises. The nurses will show you how to do these exercises.
- ✓ If recommended by your doctor and only with help from a nurse, you should try to get out of bed in your hospital room and sit in a chair. Take short walks if you can, also only if recommended by your doctor.
- You may drink liquids but only if you feel up to it.

AFTER SURGERY: DAYS 1 & 2, and DAY 3 THROUGH DISCHARGE

Days 1 & 2

- The bladder drain will likely be removed on the first day.
- ✓ Keep doing your breathing exercises.
- ✓ Get out of bed and take short walks in the hallways at least 5 times today, if your doctor advises.
- ✓ Use your pain medication (either the pain pump or pain pills) to stay comfortable.
- You will be on a liquid diet at first, and then advanced to solid food if you continue to do well with the liquids. Eat or drink only what you feel you are able to without feeling discomfort.

Day 3 Through Discharge Day

- If you have been doing well, continue with your breathing exercises, short walks in the halls and controlling your pain. We are just waiting for your system to wake up before we send you home. We know your system is awake if you pass gas or have a bowel movement. This typically happens sometime between Day 2 and Day 4 but remember: everyone is different and these are only guidelines.