

## Preparation For Bowel Surgery with Preoperative Colonoscopy: Go-Lytely

Date \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_ Day of Surgery: **Arrive at:** \_\_\_\_\_am/pm

### Please check in at:

**PACE/DAY STAY, 800 Prudential Drive, 1<sup>st</sup> Floor of the Heart Hospital**

- Eat a well-balanced diet starting 2- 6 weeks prior
- Maintain your normal activity level. If you do not regularly exercise, begin walking 15 minutes per day 2 weeks prior to surgery
- You will receive your incentive spirometry during your PACE appointment and demonstrate correct use. Practice daily until surgery. The day before surgery practice incentive spirometry approximately 10 deep breaths
- Stop smoking today. **It is recommended to stop at least 4 weeks prior. DO NOT smoke at least 24 hours before surgery**
- Abstain from alcohol for at least **24 hours before surgery**

**Your prescriptions have been e-prescribed to your pharmacy on record:**

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Please follow the **CHECKED** prep below

Start drinking clear liquids **ONLY** at **8am the day prior to your colonoscopy**.

Examples of clear liquids are: Water, Jell-O, grape juice, apple juice, popsicles, black coffee, tea, water and clear broth. Abstain from alcohol for at least 24 hours before surgery

GoLYTELY bowel prep beginning at 6pm the day before your Colonoscopy

- Begin drinking the first three fourths (3/4) or twelve 8-ounce glasses. Drink one 8-ounce glass every 10 minutes until you have finished the first ¾. The total amount of liquid is 4 liters. If you wish, you may add sugar-free flavoring, such as Crystal Light to the solution.
- Measure out the prescribed amount of solution, then add flavoring
- Do NOT use a flavoring with sugar because this will cause cramping
- Do NOT add ice.

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- Do NOT mix the solution with anything that has a red color.
- Because this is a large amount of solution do not be surprised at the amount of stool that you pass.
- It will take you about 3 hours to drink three-fourths of the solution. You will drink the remaining solution tomorrow morning.

Three (3) hours before our scheduled report time, begin by drinking the remainder of the solution following the same process as the night before

- Be sure to shake the jug of mixed GoLYTELY solution well
- Drink one full glass (8oz) of solution rapidly every 10-15 minutes. It is important to consume the remainder of the container.

Stop drinking clear liquids at least 2 hours before our scheduled report time.

**After your colonoscopy, continue on CLEAR LIQUIDS ONLY** until midnight.

You may also drink 3 protein shakes throughout the day such as Ensure, Enlive, Ensure Plus or Boost Plus.

1pm Take the first dose of antibiotics (Erythromycin/Neomycin)

2pm Take the second dose of antibiotics(Erythromycin/Neomycin)

10pm Take the third dose of antibiotics (Erythromycin/Neomycin)

**DO NOT** eat anything including solid foods, protein shakes, creamer, milk, gum, candy, or mints **after the midnight before** your procedure or surgery. You may drink only clear liquids: (water, flavored water, apple juice, cranberry juice (no pulp), black coffee (nothing added) or tea (nothing added) after **midnight until 2 hours prior to your arrival time** for surgery. If Baptist Health has given you a **pre-surgery drink, finish contents 2 hours prior to your scheduled arrival time. Finish contents within 10 minutes.** If you become nauseated, stop drinking. **NOTE: Do not drink any other fluids after you finish the pre-surgery drink. If not given a pre-surgery drink, the stop drinking clear liquids 2 hours prior to scheduled arrival time. Stop drinking liquids at \_\_\_\_\_ which is 2 hours prior to your scheduled arrival time.** You can brush your teeth but don't swallow any water.

## **Medication to take the morning of surgery**

You will be instructed at your PACE appointment which medications to take the day of surgery. Ask: 1) Which medications to take, 2) when to take them, 3) how to take them. Make sure you ask about diabetes medication, blood thinners (anticoagulants),

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vitamins, herbs, supplements. Depending on your situation, you may need to stop taking some medications several days or weeks before surgery. If you are told to take medications the morning of surgery, you may have only enough water to swallow the medication.

**\*\*\* Any instructions our office provides supersedes those provided by PACE. \*\*\***

## **Showering Instructions**

Please shower with Hibiclens (4% chlorhexidine). This skin cleanser will help reduce the concentration of bacteria on your skin before surgery and reduce your risk of infection. As indicated below, **do not** apply the Hibiclens above the level of your neck, as it can be irritating to your eyes.

## **Purchasing Information**

Hibiclens (4% chlorhexidine) is available **without a prescription** at most retail pharmacies. Retail pharmacies may offer these products under different brand names, so be sure to verify with a pharmacist that you are selecting the correct product.

**Purchase two (2) 8oz bottles.**

## **Instructions for Hibiclens (4% chlorhexidine shower) use:**

You will perform a Hibiclens shower twice:

1. The night prior to your operation, and
2. The morning of your operation at home.

## **Repeat the instructions below for each Hibiclens shower.**

1. Bathe your entire body surface (except the face and scalp). Prior to using the hibiclens you may use an antibacterial soap
2. Do not apply to face or scalp, as Hibiclens can irritate your eyes
3. You may use a clean washcloth with Hibiclens to bathe (Note: These products may permanently stain fabrics)
4. After rinsing thoroughly, dry off with a clean towel.
5. Repeat this process in the morning at home prior to coming to the hospital.
6. In the evening, **2 hours after your Hibiclens shower**, use the chlorhexidine wipes.  
*These will be provided at your PACE visit. Follow the printed instructions.*

## **Evening before/Morning of surgery**

- Apply clean bed linens
- Wash your hair. **Do not wash your hair the morning of surgery.**
- Put on clean pajamas. **\*\*Do not apply any lotions or oils to the skin except for the face\*\***
- Do **NOT** use a razor to shave legs or remove hair from surgical site. This could cause irritation.

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After checking into the hospital, you nurse will have you apply the second application of 2% chlorhexidine wipes. The nurse will have you put on a clean hospital gown. The nurse will have you use an oral rinse to cleanse the mouth. The nurse will have you use antiseptic swabs to cleanse both nostrils \*\*\*\***Please let the nurse know if you have any allergies to betadine, iodine or shellfish\*\*\*\***

## **Transportation**

A designated driver (family member or friend) may need to drive you home upon discharge. **You cannot undergo the operation without a designated driver.**

## **Clothing**

Wear loose comfortable clothing. A minimal amount of makeup is OK. You must remove contact lenses, false eyelashes, artificial limbs, tampons, hairpins, hair decorations, rings, watches and other jewelry. You may wear dentures, eyeglasses, hearing aids and wigs to surgery, holding area.

**Valuables: Please leave all valuables** (rings, watches and other jewelry, etc.) **at home**

**Questions:** Please call our Nurse Triage line at **(904) 202-7300 Option 4** or your clinic nurse, 8 a.m. to 5 p.m. Monday through Friday and (904) 202-7300 after hours, holidays, and weekends.

Reviewed 1/2020