

RIGHT COLON AND ILEOSTOMY CLOSURE BOWEL PREPARATION INSTRUCTIONS

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CLEAR LIQUID DIET FOR THE DAY PRIOR TO SURGERY

A Clear Liquid is any liquid you can see through

THESE CLEAR LIQUID ITEMS ARE ALLOWED

Water

Clear broth: beef or chicken

Gatorade

Lemonade or Kool-Aid

Sodas, tea, coffee (**no cream**)

Gelatin

Popsicles (without fruit or cream)

Italian ices

Juices **without** pulp: Apple, white grape juice

You may use salt, pepper, and sugar

NOT ALLOWED:

Milk or Cream

Milkshakes

Tomato Juice

Orange

Grapefruit Juice

Cream soups or any soup other than broth

Oatmeal

Grits

Cream of Wheat

Note: It is important to stay well-hydrated for your bowel prep... so please drink as much of these clear liquids as allowed!

DAY PRIOR TO SURGERY:

BREAKFAST: BEGIN CLEAR LIQUID DIET (see list above) **DO NOT EAT** any solid food or drink any thicker liquids like milk, pulped juices or add cream to any clear liquid drink.

LUNCH: CLEAR LIQUID DIET

DINNER: CLEAR LIQUID DIET

Midnight and Morning of Surgery

- DO NOT** eat mints, candy, or chew gum after midnight.
- The morning of surgery, take your heart or blood pressure medications before leaving to come to the hospital. You may continue to drink **ONLY CLEAR LIQUIDS** up until the time you leave to go to the hospital. After leaving home, you will only drink **Gatorade**.
- Drink your 20oz bottle of Gatorade on the way to the hospital.** It must be finished 2 hours before the time of your scheduled surgery

For information on what to expect during your hospitalization and postop recovery, visit: www.ColonRectal.net