



# Instructions before Surgery

## Bowel Preparation for Rectal Surgery / Procedure with Fleet Enema

### General Instructions:

Your surgeon has decided that you should prepare your bowels prior to surgery. The goal of the bowel preparation is to clean your bowel so that stool will not be present that could compromise your scheduled surgery. This will make your surgery safer and reduces the chances of infection and injury to the bowel.

In preparation for your rectal surgery/procedure: **Purchase over the counter Two (2) Fleet Enemas**

### Eating and drinking the day before your rectal surgery/procedure:

1. Finish eating a regular meal by 6:00 PM the night before your surgery/procedure. After 6:00PM, STOP ALL SOLID FOOD including candy, mints and chewing gum and begin clear liquids. Clear liquids are anything you can hold up to a light and see through. Caffeine and alcohol should be avoided as they can dehydrate you.

#### CLEAR LIQUID DIET -Only these items ARE allowed:

- a. Water
  - b. Clear broths and bouillon without flecks of meat or vegetables in it
  - c. Clear juices – apple juice, grape juice, cranberry juice
  - d. Clear beverages – 7-up, Sprite, Ginger Ale, Gatorade, Crystal Light,
  - e. Other items – clear Jell-O, popsicles without fruit
2. If you consume any solid food, thick liquids, milk or powdered creamer after 6:00PM the evening before your surgery, your surgery will be cancelled.
  3. After MIDNIGHT, water and water ONLY may be consumed up to 3 hours before surgery.

### Enema administration before your rectal surgery/procedure:

An essential part of your preparing for your surgery/procedure is the Fleet enema. You must administer the Fleet enema rectally according to the easy-to-follow instructions that comes with the enema.

1. Administer one enema the evening before your surgery/procedure by 9:00PM.
2. Administer the second enema the morning of your surgery/procedure two (2) hours before leaving for the hospital.

**THESE ENEMAS ARE ESSENTIAL FOR RECTAL SURGERY/PROCEDURE PREPARATION.**

For questions or concerns before the day of surgery, please call:

Surgery Clinic Department 286  
Monday – Friday 8:30AM – 5:00PM  
(408) 851-2000

Medical Advice (after hours, weekends, or holidays)  
(408) 554-9800