



Bowel Preparation with PEG-3350 & Electrolytes Oral Solution

Instructions before surgery

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You will need to prepare your bowel before surgery. The goal of bowel preparation is to clear your bowel so that stool material will not be present and compromise the success of your surgery. This will make your surgery safer and reduces the chance of infection and injury to the bowel.

These instructions must be followed or your surgery may be cancelled.

The day before surgery

You may have clear liquids ONLY during the day before surgery. The entire day before surgery, stop eating all solid food, including hard candy, gum, mints or milk products and begin a clear liquid diet. Clear liquids are anything you can hold up to a light and see through clearly. Avoid caffeine and alcohol because they can dehydrate you.

After midnight, the night before surgery, you may have water and ONLY water. You may drink water up to 3 hours before surgery and then take in NOTHING during the 3 hours before surgery.

You are allowed to drink ONLY the following clear liquids:

Water

Clear broth and bouillon without flecks of meat or vegetables in it

Clear juices like apple juice, grape juice, white grape juice and cranberry juice

Clear beverages like *7up*, *Sprite*, ginger ale, *Gatorade* and *Crystal Light*

Other items are clear *Jell-O* and popsicles without fruit.

PEG-3350 & Electrolytes Oral Solution instructions

1. The electrolytes oral solution should be mixed as follows, no more than 48 hours before use:

Pour water into the container of powder. Replace the bottle cap and shake well until all the ingredients have dissolved. Do not add sugar or flavoring containing sugar. Only *Crystal Light* or flavor pack provided with this product are allowed. Refrigerate after mixing.

2. Begin drinking the electrolytes oral solution between 12 noon and 5 PM the day before surgery. Drink a large glass (about 8 ounces) of this solution every 10 – 15 minutes. It is best to drink the whole glass rapidly rather than sipping small amounts. Finish the whole bottle until it is empty. This should take about 4 hours from the time you begin drinking the oral solution. It is okay to drink clear liquids during this time.
3. Bowel movements should occur about one hour after the first glass of the electrolytes oral solution and will continue periodically for about 1 -2 hours after you finish drinking the last glass. By this time, the stool liquid should be clear or yellow. The earlier you start the electrolytes oral solution the sooner the bowel movements will stop.
4. Feelings of bloating and /or nausea are common after the first few glasses due to the volumes of liquid ingested and as the electrolytes oral solution starts to take effect. Follow directions for your anti-nausea medication if prescribed by your surgeon.
5. Once you have completed the electrolytes oral solution, continue a clear liquid diet until midnight on the day before your procedure.

For questions or concerns before your surgery, please call the Surgery Clinic (408) 851-2000
Department 286, Monday through Friday 8:30 am to 5:00 pm
Or, the Medical Advice Line (408) 554-9800
After hours, weekends and holidays.