

Bowel Prep

The bowel, also called intestines, start just below your stomach and end at the anus and include the small and large intestines (Colon). There are some surgeries on your intestines where it must be completely cleaned out before the procedure. This is called "bowel prep." Bowel prep is a way to make sure your bowels are empty before you have surgery and it's done to decrease infection. It is very important, and your doctor will have you do this at home or in the hospital. A number of cleansing methods may be used, including enemas or laxatives combined with a clear-liquid diet. Bowel prep can be uncomfortable, and you may spend a lot of time in the restroom. Some people see results in 2 hours but for others, it takes up to 12 hours depending on the type of bowel prep you do. Be sure to follow the directions from your doctor's office – the goal is to have tea colored stools (small flecks of stool are OK) the morning of your surgery. You should be instructed to stay on a clear liquid diet while doing your prep.

Clear liquid diet: For 12 to 24 hours before your surgery, you will be told not to eat any solid foods and to drink only clear liquids.

Your physician will instruct you as to when to stop eating or drinking

What is acceptable to drink on a clear liquid diet?

Do not drink fluid that is colored red or purple

- Carbonated beverages (lemon-lime soda, cola, ginger ale)
- Sports or energy Drinks (Gatorade, Propel, Vitamin Water)
- Hot or cold coffee or tea (do not add milk or creamers of any type)
- Kool-Aid or fruit drinks with no pulp or pieces
- clear fruit juices
- Water
- Plain or flavored gelatin (do not add fruit or toppings)
- Clear popsicles or frozen juice bars made from clear juices (no sherbets or fruit bars)
- Clear soup (low-sodium and fat-free broth or bouillon)
- **Avoid:** Alcohol