Call 604-806-8711 one workday (Monday – Friday) before your date to check the time of your surgery.

General information about surgery:

- The Pre-Admission Clinic will call you to set up an appointment before your surgery, where a nurse will give you information to help you prepare for surgery.

- Do not take Coumadin or Aspirin five (5) days before your surgery, unless directed by your doctor.

- Go to the Surgical Day Care area 2 hours before the time of your operation – this is on the 3rd floor of the Providence Wing of St. Paul’s Hospital.

Preparation for surgery:

Proper preparation is an important part of your surgery. This helps to prevent problems after surgery such as infection. Your preparation has 4 parts: 1) Skin cleanser, 2) Bowel cleansing preparation, 3) Antibiotics for after bowel preparation and 4) Energy drink. You will get a prescription for all of these from your surgeon. PLEASE FILL THE PRESCRIPTION AT A COMPOUNDING PHARMACY AT LEAST 5 DAYS BEFORE SURGERY

- The instructions on the back of this page will help you with the preparation needed for your surgery.

- It is important to know that bowel preparation will cause diarrhea, so do not be alarmed.

- The day before your surgery, drink clear fluids only. You can drink as much as you like. Any liquid that you can hold up and see through is a clear fluid. This includes: clear soup broth (consommé, or bouillon), black tea or black coffee, water, soft drinks, clear fruit juices and jello gelatin. Do not use diet drinks. It is important for you to have the sugar-sweetened drinks. Ginger Ale can help settle your stomach if it is upset from not eating.
# 5 steps to preparing for bowel surgery

## STEP 1 – Purchase at a Pharmacy

5 days or more before surgery: __________  

(fill in the date)

1. **Skin Preparation:**  
   *Solunet Preoperative Shower/Bath Kit*  
   *3M (4% Chlorhexidine Gluconate)*

2. **Bowel Preparation:**  
   *BipegLyte Bowel Prep Kit*

3. **Antibiotics:**  
   *Neomycin 1 gm x 3 and Metronidazole 1 gm x 3*

4. **Energy (Sugar) Drink:**  
   Maltodextrin Powder 111 grams with sugar 15 grams

☐ Check Off as you complete

## STEP 2 – Prepare the Mixtures/Drinks

2 nights before surgery: ______________  

(fill in the date)

1. Mix each sachet of BipegLyte into separate 1 Liter containers.

2. Mix Energy (Sugar) Drink with 1 Liter of water  
   *Wait* until STEP 4 to drink  
   You may chill these to improve taste

## STEP 3 – 2 nights before surgery. On Date: ___________________ (fill in the date)

☐ At bedtime  
- Take the 3 Bisacodyl tablets that came with the BipegLyte

## STEP 4 – 1 day before surgery. On Date: ___________________ (fill in the date)

- **Clear Fluid diet all day.**  
  Examples of clear fluids include: clear soup broth (consommé, or bouillon), black tea or black coffee, water, soft drinks, clear fruit juices, clear sports drinks and jello gelatin. Do not use diet drinks

☐ 9 AM  
- Drink entire first 1 L of BipegLyte. 1 glass every 10 minutes until complete

☐ 12 NOON  
- Drink entire second 1 L of BipegLyte. 1 glass every 10 minutes until complete

☐ 12 NOON  
- Drink Clear Fluids liberally for the remainder of the day  
  • Aim to drink at least 4 glasses

☐ 1 PM  
- Take 1 gm Neomycin and 1 gm Metronidazole

☐ 3 PM  
- Take 1 gm Neomycin and 1 gm Metronidazole

☐ 8 PM  
- Take 1 gm Neomycin and 1 gm Metronidazole

☐ 8 PM  
- Drink 750 ml of the 1 L Energy (Sugar) Drink

☐ 9 PM  
- Take the Solunet Shower – follow instructions on package

## STEP 5  

Day of Surgery  
Date: ________  
Time: ________

- **Drink the last 250 ml of the Energy (Sugar) Drink**
- **Take or hold your usual medications (e.g. blood pressure, diabetes) as directed by the Pre-assessment Clinic**