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BOWEL PREP FOR SURGICAL PROCEDURES

Although small--the risk of infection with surgery is real. We must take every effort to reduce the risk of infection.

THE DAY BEFORE SURGERY: DAY: _____ DATE: ____/____/____

Take your regular medications unless we have instructed otherwise. You may have a regular breakfast and a light lunch. You should not take aspirin, aspirin containing products, or ibuprofen products 7-10 days prior to surgery.

You should do ONE of the following bowel preparations the day before your surgery.....

1 Fleets® enema (non-prescription) in the early afternoon. Clear liquid diet to follow.

8 ounces of Magnesium Citrate (non-prescription) at noon. Clear liquid diet to follow.

GoLYTELY® (prescription required): Drink 8 ounces every 15 minutes until all Golytely® is consumed. Clear liquid diet all day.

A clear liquid diet is most important!! NO SOLID FOOD, NO MILK OR DAIRY PRODUCTS! Juices are especially good but you may have tea, coffee, soda pop and of course, water. Try to consume as many fluids as possible. Try to aim for drinking a 12 ounce glass every hour.

You may be also asked to take an antibiotic by your physician. Please take as directed.

IT IS IMPORTANT THAT NOTHING IS CONSUMED BY MOUTH (INCLUDING LIQUIDS) AFTER MIDNIGHT THE DAY BEFORE SURGERY, UNLESS INSTRUCTED BY YOUR PHYSICIAN.

Thank you for your cooperation. It is possible your procedure could be cancelled if you have not followed the directions for the bowel prep.

Remember -- no aspirin or ibuprofen products 7-10 days before surgery!!!!!!

**Please call our office if you have any questions.
303-280-2229**