

## ***Major Bowel Surgery Instructions*** **Nichols Preparation**

Name of Patient: \_\_\_\_\_

Date: \_\_\_\_\_ Time of Surgery: \_\_\_\_\_

### **DAY BEFORE SURGERY:**

1. On \_\_\_\_\_ **BEGIN A CLEAR LIQUID DIET (ALL DAY).**  
This includes: Bouillon, Jell-O (**no red or purple**), apple juice, white grape juice, lemonade, Gatorade (**no red or purple**), coffee, tea, pop, **NO DAIRY PRODUCTS!**
2. You have been given a prescription for Reglan. This medication helps your bowels contract and will make the bowel prep go smoother. Take these pills as directed on your prescription.
3. At 2 p.m., begin drinking an 8 oz. glass of NuLytely every 10 or 15 minutes, until 1/2 of the prep is completed.

**You may now rest for 1 or 2 hours; and then resume drinking the preparation until it is gone.**

4. You have been given a prescription for Antibiotic pills (Erythromycin & Neomycin). Take these pills as directed on your prescription.
5. Nothing by mouth after midnight.

### **DAY OF SURGERY:**

1. Finish taking the Reglan and the Antibiotic pills in the morning (as directed).
2. You may take a sip of water (unless otherwise instructed); but do not eat or drink anything else this morning.

### **SPECIAL INSTRUCTIONS:**

- w You will need to contact the hospital's "Pre-Surgical Testing" Department (248-849-3089) ASAP prior to surgery to arrange an appointment date. At this appointment, doctors and nurses will review reports and ask questions regarding your past medical history, current medications, etc., to determine if you are healthy for surgery.
- w If you are currently taking prescribed medications, the Pre-Surgical Testing Department will let you know what medications you can stay on and what medication you need to stop prior to surgery.
- w Do not take **Aspirin**, or anything with aspirin in it (i.e...motrin, advil, ibuprofen, aleve, excedrin), for at least 7 days before the exam. Tylenol is O.K.!
- w If you are taking **Coumadin**, or any other blood thinners (i.e.. plavix, ticlid), let the doctor know.
- w If your doctor normally prescribes **Antibiotics** prior to dental work to protect an artificial heart valve, artificial joint, or heart murmur, let the doctor know.