



Improve your outcome

ERAS Surgery Preparation Instructions

IMPORTANT - Please read all instructions on the day you receive them.

Download the MyCarePlan mobile app to assist you with your preparation.

- Purchase 64 ounces of Gatorade before your procedure. Many people find chilling the Gatorade before drinking is helpful. You may substitute water as your drink mixture if preferred.
- Pick up your antibiotics from the pharmacy.

Two Weeks (14 days) Before Your Surgery:

- Stop taking weight loss medications such as Xenical, Alli, Belviq, Phentermine, Qsymia, Naltrexone, Contrave, Saxenda, etc.
- Refrain from recreational drugs (including marijuana).

One Week (7 days) Before Your Surgery:

- If you are taking a prescription blood thinner, such as Warfarin/Coumadin, Eliquis, Xarelto, Aggrenox, Plavix, and Pradaxa, etc., please contact the doctor who manages this medication as you may need additional instructions.

One Day Before Your Surgery:

You will be on a **clear liquid diet** in addition to your bowel preparation.

Examples of clear liquids:

Fruit Juices <u>Without Pulp</u> (Apple, white grape, lemonade)	Kool-Aid / Crystal Light
Carbonated soft drinks (Coca-Cola/Sprite/TUP/Ginger Ale, etc)	Popsicles / Jell-O (without fruit)
Water (still/sparkling/carbonated)	Gatorade/Powerade (low sugar OK)
broth/bouillon (vegetable/chicken/beef)	Coffee / Tea (without milk / non-dairy creamer)

DO NOT DRINK ALCOHOL, MILK or DAIRY PRODUCTS OR EAT ANY SOLID FOOD!

** If you are diabetic, please contact your primary care physician for potential modification of the clear liquid diet and/or a change to your diabetes medications.

Helpful Hints for a Successful Bowl Prep:

- You MAY feel full and bloated while completing your bowel preparation. If you become nauseated or start vomiting, you may pause drinking the solution for 30-60 minutes to let symptoms subside before restarting.
- Your surgery kit includes 2 packets of Calmoseptine, a skin barrier ointment to help with burning and irritation. Apply pea-sized amount to anal opening before and/or after bowel movements as needed.
- Depending on your facility and time of procedure, your provider may have additional instructions. Make sure to read all documents provided to you.

**YOU MAY NOT EAT ANY SOLID FOOD TODAY.
ONLY CLEAR LIQUIDS ARE ALLOWED.**

The Day Before Your Surgery:

1. From 8:30-11 :30 AM: Drink at least 16 oz (1 shaker bottle) of any clear liquid of your choice from the clear liquid chart on reverse.
2. At 12:00 PM: Take 4 Bisacodyl (Dulcolax) tablets with 8 oz of Gatorade/G2 or water.
3. At 1 :00 PM: Take Reglan or Zofran tablet(s) that was prescribed to you as directed by physician.
4. At 2:00 PM: Mix 2 capfuls of Polyethylene Glycol (Miralax®/Ez2go®) with 16 oz of Gatorade/G2 or water in the shaker bottle. Shake solution until dissolved. Drink solution within one hour. If you become nauseated or start vomiting, you may pause drinking the solution for 30-60 minutes to let symptoms subside before restarting.
5. At 2:00 PM: Take 2 NEOMYCIN tablets (500MG each) and 1 FLAGYL tablet (500MG).
6. At 3:00 PM: Mix 2 capfuls of Polyethylene Glycol (Miralax®/Ez2go®) with 16 oz of Gatorade/G2 or water in the shaker bottle. Shake solution until dissolved. Drink solution within one hour.
7. At 3:00 PM: Take 2 NEOMYCIN tablets (500MG each) and 1 FLAGYL tablet (500MG).
8. At 4:00 PM: Mix 2 capfuls of Polyethylene Glycol (Miralax®/Ez2go) with 16 oz of Gatorade/G2 or water in the shaker bottle. Shake solution until dissolved. Drink solution within one hour.
9. At 5:00 PM: Mix remaining Polyethylene Glycol (Miralax®/Ez2go') with 16 oz of Gatorade/G2 or water in the shaker bottle. Shake solution until dissolved. Drink solution within one hour.
10. At 7:00 PM: Mix 1 pouch of PREcovery™ powder with 14oz of water in the shaker bottle. Shake solution until dissolved. Drink solution within ten minutes.
11. At 10:00 PM: Take the final 2 NEOMYCIN tablets (500MG each) and 1 FLAGYL tablet (500MG).

If a noon start time is not convenient, you may start the Bisacodyl tablets NO LATER than 3:00pm and the Polyethylene Glycol solution NO LATER than 5:00pm.

The Day of Your Surgery:

- Please arrive no later than 2 hours prior to your scheduled surgery.
- **2 HOURS PRIOR TO SURGERY:** Mix 1 pouch of PREcovery™ powder with 14oz of water in the shaker bottle. Shake solution until dissolved. Drink solution within ten minutes.

Do not drink any other liquids after completion of the PREcovery mixture the day of your surgery.

MyCarePlan

This app will tell you exactly how and when to prepare for your procedure. After your procedure, we will stay connected with you using the App to ensure you are feeling well!

You can send non-emergent messages to your
doctor/ office staff at any time!

Step 1:

You will receive a "Welcome email" which will provide links to download the app from the Apple and Google Play Stores. This email will contain your username and password.

Step 2:

Log in to the app using the credentials you received in the Welcome email. Please contact us if you need the email resent.

Step 3:

To improve your outcome, follow the instructions in the app.

Call 941-755-4512 for any technical questions.