

## Full Bowel Prep Using Bisacodyl/GoLYTELY® with Travel Day

Follow these steps as you prepare your bowel for surgery. Please note that “clear” means no sediment, no pulp, no particles, it does not mean colorless.

### Evening 3 days before the surgery

Mix GoLYTELY® with warm drinking water to the top of line on bottle and shake. It will be clear. Store this in the refrigerator. Use within 48 hours. Okay to add Crystal Light® powder mix to each glass.

**2 Days before surgery:** Drink only clear liquids. Imodium®, Lomotil, stop today. May resume after completing bowel prep. Drink plenty of clear liquids every day before surgery, starting today.

Clear liquids are:

- Water
- Clear Jell-O® (no fruit in it)  
homemade from box only
- Popsicles
- Sparkling water or soda
- Broth or bouillon
- Crystal Light®
- Juice with no pulp (Not orange)
- Hard candy
- Coffee or tea, no creamer – sugar is OK
- Gatorade® or other clear sports drinks
- No alcohol or dairy products
- Ensure Clear

**9am (or earlier):** If you take morning meds, it is okay to take them with the 4 bisacodyl tablets. It is okay to do this step earlier in the day.

**If you are taking any of your scheduled medicines, take them at least 1 hour or more before or after drinking GoLYTELY® or they may not be absorbed.**

Once you have a bowel movement and at least an hour after you took your scheduled meds, start to drink the GoLYTELY®. Drink 1-8oz glass every 10 minutes **until half the bottle is gone – or your stools are clear.** If you see sandy particles in the toilet water, drink one cup of GoLYTELY® at a time until all solid matter is gone and it looks clear. Do not sip slowly. It works better if you drink quickly. It is normal for you to feel some cramps in your lower abdomen while drinking the GoLYTELY®.

**1 Day before surgery:** This is your **travel day and the day to take the antibiotics** if needed. You need to drink only clear liquids all day until midnight.

The afternoon and evening before surgery you will take the antibiotic pills. Follow the instructions written in the bowel prep instructions given to you instead of what is written on the bottles. Call if the directions and prescription directions do not match and you are unsure how to take the antibiotic tablets

- **3:00 PM** - Take the 1st dose of antibiotics.
- **5:00 PM**- Take the 2nd dose of antibiotics.
- **10:00 PM / before you go to bed-** Take the last dose of antibiotics.

You should keep drinking clear liquids until bedtime. Shower before bed.

**Morning of surgery:** (at least 1 hour before leaving home) Give yourself a Fleets® phosphate enema. Shower again.

If the nurse from the **First Day Surgery Unit (608-265-8857)** says you may drink clear liquids until 4 hours before surgery.

Here is the short list of what you can drink:

- Black coffee, sweetener okay
- Apple juice
- White grape juice
- Water
- Gatorade
- Ensure Clear

### **When to Call the Doctor**

- Steady stomach pain
- Light-headed
- Dizzy
- Don't have any bowel movements
- Can't drink the GoLYTELY®

### **Phone Numbers**

**Digestive Health Center: 608-242-2800.**

**This is a 24-hour number.**

After hours, holidays and weekends ask for the doctor on call

**Dr. \_\_\_\_\_.**

Tell them your problem. We will call you back. Toll free hospital number:

**1-855-342-9900.**

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 5/2018 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7509.