

Surgical Bowel Prep for Patients with Ileostomies

To prepare for your surgery, follow these steps closely. Please note that “Clear” means no sediment, it does not mean colorless. You will need to buy these supplies at least 2 days before your surgery.

- **MiraLAX®**- At least a 51g container
- **Ensure Clear® or Premiere Protein® (diabetic patients only)** – 4 pack (10 oz. each)
- **32oz of clear liquid such as Gatorade® or Crystal Light®**
- **Antibiotics – Neomycin and Metronidazole (only if directed instructed to use)**

Day before Surgery

Eat a light breakfast, and you may eat lunch if you know your system will clear by drinking more fluids. Drink only clear liquids (no sediment or pulp) after breakfast/lunch and up until 2 hours before your surgery starts.

Throughout the day drink 3 bottles of **Ensure Clear® or Premiere Protein®**. You will drink the fourth bottle 4 hours before surgery.

Clear liquids include:

- Water
- Jell-O®-homemade only
- Popsicles-no fruit fiber
- Sparkling water or soda
- Broth or bouillon
- Crystal Light®
- Juice-no pulp
- Hard candy
- Coffee or tea, no creamer – sugar is OK
- Gatorade® or other sports drink
- Ensure Clear® or Premiere Protein® (protein drink)
- **No alcohol or dairy products**

Starting at 2pm, if you are passing fluid with **any** sediments or particles into your pouching system then drink 3 doses of MiraLAX® (51 g), or roughly 5 tablespoons, mixed with 32oz of clear liquids.

When doing your bowel prep, it is important to drink plenty of fluids to stay hydrated. Do the surgical shower as directed in the evening.

If you have been told to take antibiotics during your bowel preparation, follow these instructions:

- Starting at 5pm - take 3 tablets of metronidazole and 2 tablets of neomycin
- Two hours later at 7pm - take another 3 tablets of metronidazole and 2 tablets of neomycin at 5pm
- Then at 10pm, or at least 2 hours after your last dose - take the final 3 tablets of metronidazole and 2 tablets of neomycin at 5pm

Morning of Surgery

- Take approved medicines.
- Drink the fourth bottle of Ensure Clear® or Premiere Protein® (10 oz.), 4 hours before surgery.
- Prep for surgery-shower #2.

When to Call

- Steady stomach pain
- Light-headed or dizzy
- Cannot drink the laxative
- Stool does not run clear after taking the laxative

Who to Call

Digestive Health Center: **(608) 242-2800** This is a 24-hour number.

After hours and on weekends ask for the doctor on call the colorectal surgery team. Tell them your problem. We will call you back.
Toll free: (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 © 5/2023 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#8282.