



LAKESIDE SURGICAL
ASSOCIATES, PA

Gregory B. Hall, M.D., F.A.C.S.
150 Fairview Road, Ste. 300
 Mooresville, NC 28117
 Phone: (704) 664-6677
 Fax: (704) 663-1009

Patient Colectomy Instruction Sheet

The morning of the day before your procedure (_____):

- 8:00 am – Have a clear liquid breakfast. See the list below for suggestions.
- Drink 8oz of clear liquids every hour on the hour.
- 12:00 noon – Have a clear liquid meal. **Drink the first 6 ounces of Mag Citrate.**
- 1:00 pm- Drink 8 oz of clear liquids. Take the first dose of **Neomycin/Erythromycin pill.**
- 2:00pm – Take second dose of **Neomycin/Erythromycin pill.**
- 3:00pm – Drink 8 oz of clear liquids.
- 4:00pm – Drink 8 oz of clear liquids.
- 5:00pm – Drink 8 oz of clear liquids. **Take the second 6 ounces of Mag Citrate.**
- 6:00pm – Have a clear liquid meal.
- 7:00pm – Drink 8 oz of clear liquids.
- 8:00pm – Drink 8 oz of clear liquids.
- 9:00pm – Drink 8 oz of clear liquids.
- 10:00 pm- Take last dose of **Neomycin/Erythromycin pill.** The **Neomycin enema** should be used now.

About an hour prior to leaving the house the morning of your surgery, use the other **Neomycin enema**.

Drinking lots of clear liquids the entire day before the surgery is essential.

You may take your nighttime medications. But have nothing else to eat or drink after midnight.

Seven (7) days before your procedure, discontinue use of any Aspirin, Coumadin, Plavix, Vitamin E, Percodan, Goodys Powders, BC Powders, Alka Seltzer, Ibuprofen, Motrin, Advil, Aleve, Vioxx, Celebrex, Bextra, Bufferin, Empirin, Ascriptin, Midrin, Nuprin, Naproxen, Sulindac, Clinoril, Piroxicam, Feldene, Indomethacin, Indocin, Diclofenac, Voltaren and **ALL herbal medications.**

Patients who routinely take Coumadin, Plavix and/or Aspirin will need to check with the prescribing physician to make sure that it is OK with them to hold these medications seven (7) days prior to the procedure.

Below you will find a short list that is intended to guide you during your day.

Allowed Clear Liquids

Ginger ale, Coke/Pepsi, 7-Up/Sprite
Apple Juice, Kool-Aid
Sweet/Iced Tea, Lemonade, Gatorade
Jell-O, Popsicles
Coffee, no cream (sugar/sweetener allowed)
Clear soup broth, consommé, bouillon

Not Allowed

Nothing Red or Purple in color
Milk Products, including ice-cream, yogurt
Fruit Juices containing pulp, such as
orange, tomato, pineapple
Non-clear soups, such as tomato, potato
Puddings or custards