

THE MORNING OF THE PROCEDURE, *continued*

enema from the box, remove the green cap. Insert the lubricated tip of the bottle gently into your anus all the way to the bottom of the slender tip and squeeze out the contents of the bottle. Then, remove the cap from the bottle, refill it with luke warm tap water and administer this in the same way and in addition to the Fleet enema to double the volume of fluid placed in the rectum and distal colon. This improves the effectiveness of the enema. Retain the enema fluid for as long as you can up to 5 minutes, then expel it in the toilet.

**ARRIVAL**

Please arrive at the Surgery Reception Area at least one hour and 30 minutes before the time of your scheduled procedure (do not plan on arriving later than this, regardless of what others may tell you). Procedures scheduled for 7:30 AM generally start on time. Procedures scheduled after this are given an approximate starting time but this may vary considerably depending on the time required for the preceding procedures and other events such as emergencies. It is just as common for a procedure to be moved up to an earlier time as it is to be delayed. We will try to call and let you know whenever possible so that your plans may be adjusted. For this reason, it is important that you let us know what are your best contact numbers including home and cell phones.

**QUESTIONS**

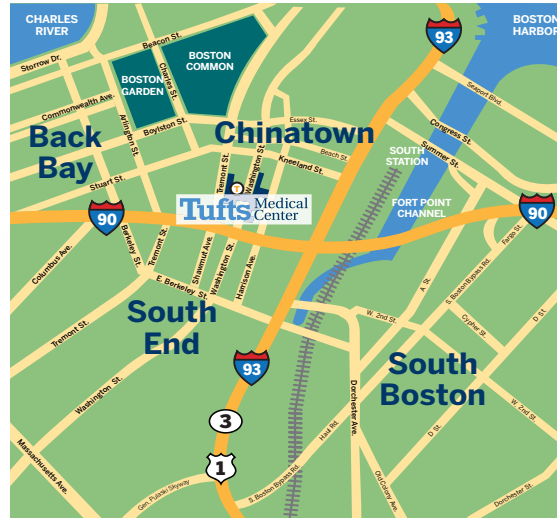
If you have any questions or problems, call your doctor. If you experience problems outside of office hours or on weekends call the Tufts Medical Center operator at 617-636-5000 and ask for the physician on call for Colon and Rectal Surgery. If you cannot wait, come to the Emergency Room.

**CANCELLATIONS**

If for any reason you are unable to keep this appointment, please notify us as soon as possible.

To make an appointment or ask a question, call the Division of Colon and Rectal Surgery at **617-636-6190**.

For urgent problems, call the Tufts Medical Center operator at **617-636-5000** and ask for the on-call physician for Colon and Rectal Surgery.



Tufts Medical Center is easily accessible by car from the Massachusetts Turnpike (Route 90), the Central Artery and the Southeast Expressway (Route 93). Tufts Medical Center is located in downtown Boston, in Chinatown and the Theater District and within walking distance of the Boston Common, Downtown Crossing and many hotels and restaurants. For directions, visit [www.tuftsmedicalcenter.org/AboutUs/Directions](http://www.tuftsmedicalcenter.org/AboutUs/Directions).

# Same Day Admission Surgery

## *Preparation and Treatment*

**Tufts** Medical Center

800 Washington Street  
Boston, MA 02111  
617-636-5000

[www.tuftsmedicalcenter.org](http://www.tuftsmedicalcenter.org)

**Tufts** Medical Center

*You are scheduled for ambulatory or same day admission surgery. Since you will not be in the hospital on the day before the procedure, you will need to prepare for the operation at home. Please follow these instructions as closely as possible since poor preparation may mean canceling the procedure or an increased risk of complications.*

## DIET

- ▶ On the day prior to your procedure a clear liquid diet should be followed. This includes tea, coffee, Jello, chicken broth or bouillon, consommé, white grape juice, apple juice, Seven-up, Sprite, ginger ale, Gatorade, popsicles, and water. Drink your three meals and as much liquid between meals as you can. Do not drink citrus juices or red colored fluids. If you are constipated, use this clear liquid diet for two days prior to the procedure.
- ▶ **Do not drink or eat anything within 8 hours of surgery.** If your surgery is early in the morning, **do not drink or eat anything** after 10:00 PM the night before. If your surgery is late in the day, you may drink clear liquids until **8 hours** before you arrive at the hospital. You must be fasting when you come to the hospital. The only exception is those patients who have daily medications. Ask your physician which medications you should take with a sip of water.

## MEDICATIONS

If you have regularly prescribed medicines, ask your physician whether or not you should take them before surgery.

- ▶ Unless otherwise specified, you should not take aspirin, dipyridamole (Persantine), ibuprofen (Advil, Motrin, etc.), Plavix, Alleve, or other non-steroidal

anti-inflammatory medications (NSAIDs) for 10 days before your surgery. These medications interfere with platelet function and increase the risk of bleeding complications.

- ▶ If you are diabetic, do not take any insulin or oral diabetes medications the day of your surgery. On the day before surgery, take one half of your normal dose.

## BOWEL PREPARATION

Starting at 2:00 PM on the afternoon **prior** to your procedure, you will need to perform **one of the following** preparations to clean out the bowel.

### **PEG Prep**

- Buy 1 gallon or 4 liter jug of a PEG solution (Go-Lytely, Co-Lyte, NuLytely). You may choose any flavor available at your pharmacy.
- 2:00 PM Drink the PEG solution over a 2-3 hour period (about 1 glass or 8 ounces every 10 minutes).

### **Miralax Prep**

- Buy - 4 Dulcolax laxative tablets  
- 1 Miralax powder container 255 gm  
- 1 bottle of Gatorade 64 ounces, flavor of your choice but no red color
- 2:00 PM Take 2 Dulcolax tablets by mouth.
- 4:00 PM Mix the entire 255 gm bottle of Miralax with the 64 oz bottle of Gatorade. Drink all of the solution over 1½-2 hours, (about 1 glass every 15 minutes).
- 8:00 PM Take 2 more Dulcolax tablets with a glass of water.

### **Magnesium Citrate Prep**

- Buy - 2 bottles of magnesium citrate 10 oz  
- 4 Dulcolax laxative tablets
- 2:00 PM Drink one bottle of magnesium citrate over 30 minutes.
- 3:00 PM Take 2 Dulcolax tablets by mouth.
- 5:00 PM Drink one bottle of magnesium citrate over 30 minutes.
- 6:00 PM Take 2 Dulcolax tablets by mouth.
- Between 6:00 PM and 10:00 PM drink at least 4 glasses of clear liquids.

### **Ileostomy patients**

- If you have an ileostomy, drink only clear liquids on the day prior to surgery. Drink 2-3 quarts of water and clear Gatorade or diet soda during the afternoon to wash the small intestine out. Do not eat or drink anything from 10:00 PM until surgery.

## ANTIBIOTICS

To reduce the risk of infection, two antibiotics should be taken by mouth on the day before surgery. Neomycin and metronidazole (Flagyl) tablets should be taken at 5:00 PM,

- 6:00 PM and just before you go to bed for the night. If you are allergic to or intolerant of either of these medications, let your surgeon know. Ileostomy patients do not need to take the antibiotics.

## THE MORNING OF THE PROCEDURE

If you are not completely cleaned out (your stools are not watery and straw-to-clear colored), administer a Fleet Phosphosoda enema 1-2 hours prior to leaving home. Lie on your left side with your left leg straight and your right leg drawn up. After removing the

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