

# Bowel prep for surgery

## Golytely or Kleen Prep

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### The day before your surgery \_\_\_\_\_

- You may have your regular breakfast before 8:00 am.
- You may only have clear fluids.

### Clear fluids

- black tea or coffee, sugar is okay (no cream, milk or soy products)
- Jello
- chicken broth or consommé soup
- pop
- popsicles
- clear fruit juice with no pulp such as apple juice
- water
- Kool-aid
- Gatorade

At 9:30 am

Mix the solution according to the package instructions. This solution can be refrigerated. It will taste better if you drink it cold. However, if you start to shiver or get the chills, let it warm up to room temperature.

At 12:30 pm

Start to drink the solution. It may be helpful to drink with a straw. Drink 1 cup every 10 minutes. A cup is 250 ml. Rest between drinks. Drink ½ of it, about 2 litres.

At 2:30 pm

Drink the rest of the solution. Drink 1 cup every 10 minutes until it is all gone. Rest between drinks.

- ✓ Remain close to a toilet. You will have diarrhea type bowel movements.