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Preparing for Colon Surgery Checklist

Within 30 Days of Surgery

- Purchase a bottle of Miralax (over the counter) and Dulcolax tablets (laxative) for bowel preparation. (See enclosed instructions for bowel preparation.)
- Purchase Hibiclens scrub (CHG) or alternative to use the night before and morning of surgery. (See enclosed instructions.)
- Pick up the prescription for Neomycin and Flagyl (also called Metronidazole) at your pharmacy.
- Ensure that you have an appointment with your primary care physician **WITHIN 30 DAYS OF SURGERY**.
- Send back any additional paperwork sent to you by our office.
- Discontinue any Aspirin products within 7 days of surgery if ok with your physician. If you take any other blood thinners (Coumadin, Warfarin, Plavix, Pradaxa for example) please contact your physician that prescribed those medications to determine when to stop them prior to surgery.

The Day Before Surgery

- Prior to 8am**
Have a light breakfast
- 1pm**
Take 1 dose (2 pills) of Neomycin and 1 dose of Flagyl
- 2pm**
Take 1 dose (2 pills) of Neomycin and 1 dose of Flagyl
- 3pm**
Take 4 Dulcolax tablets
- 5pm**
Begin drinking the Miralax mixture according to the enclosed instructions
- 8pm**
Take the last dose of the Neomycin (2 pills) and the last dose of the Flagyl (1 pill)
- Before you go to bed, take a shower with the CHG/Hibiclens according to the enclosed instructions.
- DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.** You may take your medications on the morning of surgery with a sip of water.

The Morning of Surgery

- Take a shower with the CHG/Hibiclens scrub according to the enclosed instructions.
- Bring a complete and updated list of your prescription and non-prescription medications with you to the hospital including the name, dosage and frequency that you take them.
- Remove all jewelry.

If you have any questions regarding the above, please contact your scheduling coordinator in advance.

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