

# Antibiotic Bowel Preparation

**Emptying your bowels and taking antibiotics before surgery lowers your risk of infection. It is important you follow these directions exactly as written.**

**At least 2 days before surgery, buy your nonprescription supplies and pick up your prescriptions.**

<b>Supplies</b>	<b>Prescriptions</b> (from your provider)
<ul style="list-style-type: none"> <li>• Sports drinks like Gatorade® or Powerade® - <b>64 ounces</b> <ul style="list-style-type: none"> <li>○ If you have diabetes, use a low-calorie version like G2® or Powerade Zero®. If you don't like sports drinks, mix 64 ounces of water with Crystal Light® powder. Avoid red-colored sports drinks and mixes.</li> </ul> </li> <li>• Bisacodyl/Dulcolax® laxative. You will need <b>6 tablets</b>.</li> <li>• One bottle (8.3 ounces/238 grams) of Miralax® powder.           <ul style="list-style-type: none"> <li>○ Mix the whole bottle of Miralax® powder with 64 ounces of Gatorade®. Use a pitcher or mix it in the Gatorade® bottle. Stir or shake until all the Miralax® is completely dissolved. Store it in the refrigerator – cold mixture may be easier to drink.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>ciprofloxacin/Cipro®</b>: 2 tablets, 500 milligrams (mg) each</li> <li>• <b>metronidazole/Flagyl®</b>: 3 tablets, 500 mg each</li> </ul>

## Day Before Surgery

You will be on a clear liquid diet all day. Clear Liquids are those you can see through at room temperature (about 72°-78°). Avoid fluids that are red or purple.

### Clear Liquids

- Soft drinks (orange, ginger ale, cola, lemon/lime, etc.)
- Gatorade® or Kool-Aid®
- Strained fruit juice without pulp (apple or lemonade)
- Water, flavored waters
- Tea or coffee (may add sugar, but **no** milk or creamer)
- Broth or bouillon - no noodles, rice, meats, or vegetables
- Hard candy
- Jell-O® (no fruit toppings or whipped cream)
- Popsicles or lemon ice (no sherbets or fruit bars)

# Directions

<p><b>Day before surgery</b> 12:00 p.m. (noon)</p>	<p>Take 2 tablets of Dulcolax® laxative and drink 8 ounces of water.</p>
<p>2:00 p.m.</p>	<p>Take 2 tablets of Dulcolax® laxative and drink 8 ounces of water.</p>
<p>4:00 p.m.</p>	<ul style="list-style-type: none"> <li>• Drink 8 ounces of Gatorade®/ Miralax® solution <b>every 15-30 minutes</b> until you finish it all.</li> <li>• Drink it slowly to prevent nausea or stomach upset. If it helps, you can use a straw.</li> </ul>
<p>After you finish the Gatorade/ Miralax solution...</p>	<p>Take 2 tablets of Dulcolax® laxative and drink 8 ounces of water.</p>
<p>After you have finished the Gatorade®/ Miralax® solution <b>AND 1 HOUR</b> after taking the Dulcolax® tablets...</p>	<ul style="list-style-type: none"> <li>• Start the antibiotics to help kill bacteria in the bowel and reduce the risk for infection after surgery.</li> <li>• Take one 500 mg tablet of ciprofloxacin and one 500 mg tablet of metronidazole together. One hour later, take the same dose (1 tablet of ciprofloxacin and 1 tablet of metronidazole).</li> <li>• Wait 1 hour and take one 500 mg tablet of metronidazole alone.</li> </ul> <p>Example: Take one 500 mg tablet of ciprofloxacin and one 500 mg tablet of metronidazole at 6:30 pm. At 7:30 p.m., take one 500 mg tablet of ciprofloxacin and one 500 mg tablet of metronidazole. At 8:30 p.m., take one 500 mg tablet of metronidazole alone.</p>
<p><b>Midnight</b></p>	<p><b>Do not eat or drink anything after midnight except for the apple juice as directed below.</b></p>
<p><b>Day of surgery</b></p>	<p><b>ERAS patients only: 90 minutes before your arrival time at the hospital, drink 8 ounces of apple juice.</b></p>