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**PREPARATION FOR COLON SURGERY** (Using HalfLytely)

- To minimize the risk of bleeding:
  - If you regularly take Plavix (clopidogrel), stop this medication 14 days prior to surgery.
  - If you regularly take Coumadin (warfarin), stop this medication for \_\_\_\_\_ days prior to surgery.
  - Do not take medicines containing aspirin for the 7 days prior to surgery.  
(Includes Alka-Seltzer, Anacin, Ascriptin, Ecotrin, Empirin, Excedrin, Halfprin).
  - Do not take any anti-inflammatory medicines for two days prior to surgery.  
(Includes Advil, Aleve, Anaprox, Daypro, Diclofenac, Etodolac, Ibuprofen, Indocid, Ketoprofen, Ketorolac, Lodine, Motrin, Naprosyn, Nuprin, Relafen, Toradol, Voltaren).
  - If pain relief is needed, use Tylenol (acetaminophen).
  
- In order for colon surgery to take place, the colon must be absolutely clean.
  - For two days prior to colon surgery, avoid salads, fruit peels, beans, and corn.
  - Starting on the morning of the day before surgery, begin a clear liquid diet. This diet includes the following:
    - Bouillon and clear or light colored soups or broths
    - Black coffee or tea
    - Jello® (no fruit or toppings)
    - Fruit juices with no pulp
    - Popsicles®
    - Gatorade
    - Hard candy
    - Carbonated beverages
  - Avoid solid food other than hard candy or Popsicles.
  - Avoid dairy products including milk, cheese, ice cream, and yogurt.
  - Avoid the bulk laxatives (Metamucil, Citrucel, Konsyl, Fibercon, Bran, Effersylum) the day before surgery.
  
- You should have received a prescription for **HalfLytely**, which includes 4 bisacodyl tablets and a jug:
  - Starting at noon on the day prior to surgery, take the 4 bisacodyl (Dulcolax) tablets with water.  
Do not take the tablets within 1 hour of taking an antacid.
  - Mix the HalfLytely (add water to the “fill line” on the jug, replace the cap, and shake well to dissolve).
  - After a bowel movement occurs (usually in 1 to 6 hours), start to drink the HalfLytely solution. Even if no bowel movement occurs in 6 hours, start to drink the solution.
  - Drink all of the solution (about 8 oz. every 30 minutes) until the entire jug is empty.
  
- After taking the tablets and drinking the laxative, you may drink all the clear liquids you desire, up until midnight.
  
- You may apply some Anusol or vaseline around the anus if the anal area becomes sore due to passage of liquid stool.
  
- Do not eat or drink anything after midnight the night before surgery. Take your regular heart or blood pressure medications with a small sip of water.
  
- Report to \_\_\_\_\_ Hospital admissions desk at \_\_\_\_\_ on \_\_\_\_\_.