



## How to Prepare for Your Surgery

### *Using MoviPrep to clean your bowel*

#### **Your surgery is on:**

Day: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_ a.m./p.m.

#### **Prescriptions to Fill**

You will receive 3 prescriptions:

- MoviPrep laxative, 2 liters
- Neomycin, 3 doses, 1 gram each
- Metronidazole, 3 doses, 1 gram each

If you are allergic to any of these medicines, do **not** take them. Call your healthcare provider for instructions.



*Carefully read this handout to help you prepare for surgery.*

#### **Follow These Important Instructions**

**5 days before your surgery, on:** \_\_\_\_\_

- Fill your prescription for MoviPrep, Neomycin, and Metronidazole.
- Ask your nurse about fasting instructions for the day of surgery.
- Read this handout carefully.

**1 day before your surgery, on:** \_\_\_\_\_

- Do **not** eat any solid food today.
- You may have only clear fluids such as water, juice (apple, cranberry, or grape), broth, black coffee, tea without milk, lemonade, sports drinks, soda pop, or Jell-O. Do **not** drink unfiltered juices, such as apple cider.
- Drink a variety of clear fluids today, besides water. You may drink any color fluid, including red or orange.
- No later than 7:30 a.m., prepare the MoviPrep. Inside the MoviPrep box are 2 pouches labeled “A” and 2 pouches labeled “B,” and a container with 4 lines on it. Each line marks 8 ounces. To mix the solution:
  - Empty 1 pouch “A” and 1 pouch “B” into the container.
  - Add lukewarm water to the top line of the container.

- Mix to dissolve.
- Put the solution in the refrigerator to cool (this makes it taste better).
- **Starting at 8 a.m.:**
  - Drink 1 glass (8 ounces) of the MoviPrep every 15 minutes. It will take 1 hour to drink all of it.
  - After you finish drinking the MoviPrep, drink at least 2 glasses (8 ounces each, for a total of 16 ounces) of clear fluids. You should have diarrhea within 1 hour.
  - Mix the 2nd container of MoviPrep the same way you did the 1st. Put it in the refrigerator to cool as before.
- **Starting at 10 a.m.:**
  - Drink the 2nd container of MoviPrep. Drink 1 glass (8 ounces) every 15 minutes. It will take 1 hour to drink all of it.
  - After you finish drinking the MoviPrep, drink at least 2 glasses (8 ounces each, for a total of 16 ounces) of clear fluids. You should have more diarrhea.
- Keep drinking plenty of clear fluids throughout the day. This will keep you from getting dehydrated from the diarrhea.
- **Starting at 1 p.m.:** Take your antibiotics by mouth at these times:
  - **1 p.m.:** Take Neomycin (1 gram) and Metronidazole (1 gram)
  - **3 p.m.:** Take Neomycin (1 gram) and Metronidazole (1 gram)
  - **11 p.m.:** Take Neomycin (1 gram) and Metronidazole (1 gram)

## Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Weekdays between 8 a.m. and 5 p.m., call Surgical Specialties Center at 206.598.4477.

After hours and on weekends and holidays, call 206.598.6190 and ask for the resident on call for surgery to be paged.

Or, ask for your doctor to be paged:

Dr. \_\_\_\_\_

**The day of your surgery, on** \_\_\_\_\_

- Take all the medicines that the Pre-Anesthesia Clinic told you were OK to take.
- Follow the fasting guidelines the surgery clinic nurse gave you.

## Special Instructions

- If you have diabetes, your diabetes medicines may need to be adjusted. Please talk with your surgery clinic nurse about this.
- Call your surgeon if you feel dizzy or have severe nausea, vomiting, or belly pain, or if you cannot finish drinking the MoviPrep.
- **Call 911 right away if you have any of these symptoms after drinking the MoviPrep:**
  - Wheezing or chest tightness
  - Fever
  - Swelling in your face, lips, tongue, or throat