

## Additional Pre-Procedure Patient Instructions

### GoLYTELY

- ◇ This preparation is designed to allow rapid cleansing of the colon needed for colon surgery. In order for it to be effective, you must drink the large amount of solution prescribed. This will not be absorbed through the bowel, thereby, flushing waste material before it.
- ◇ Please start the prep (GoLYTELY) between 12 noon and 4pm. Please make sure you give yourself enough time so that you are able to finish it before midnight.
- ◇ To make GoLYTELY more palatable, you can chill it and add Crystal Light or small amounts of lemon or lime concentrate to the solution.
- ◇ While you are drinking the prep, make sure you are staying hydrated by drinking plenty of clear liquids. This includes: water, clear fruit juices (apple, grape, cranberry), bullion, clear broths and plain Jell-O.
- ◇ NO solid foods, milk/milk products, or juice with pulp are allowed.
- ◇ We ask that you specifically drink two (2) 12 oz. bottles of Gatorade prior to midnight on the day before surgery. Any flavor (even the red/cherry) is fine, as long as you are not having a colonoscopy prior to your surgery.

### Pre-op Antibiotics



to help prevent surgical infection

#### METRONIDAZOLE

Take 1 tablet (500 mg)  
at 5pm, 6pm, and 8pm  
on the night before your surgery

#### NEOMYCIN

Take 2 tablets (1000 mg)  
at 5pm, 6pm, and 8pm  
on the night before your surgery

 Call your doctor if you are allergic to either one of these antibiotics. 



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## Enhanced Recovery After Surgery (ERAS) & Surgical Infection Prevention

### KIT #1

This kit contains the following:

- Ensure Pre-Surgery Clear drink for day of surgery
- GoLYTELY bowel prep
- Hibiclens body wash
- Two (2) antibiotics to be taken the night prior to surgery
  1. Metronidazole
  2. Neomycin

This kit does not include:

- Two (2) 12 oz. bottles of Gatorade



OUR VIDEOS ABOUT ERAS:  
<https://tinyurl.com/MGHcolo-EN>

Patient Instructions

Last Revised: January 2021

# The Road to Enhanced Recovery After Surgery

starts here

## Pre-Procedure

**1-2 WEEKS PRIOR TO SURGERY**

- ☐ Carbo load: eat foods high in carbohydrates (potatoes, bread, pasta, rice).
- ☐ Stay active!

**2 DAYS PRIOR TO SURGERY**

- ☐ Hibiclens Wash - see side panel for instructions

**1 DAY PRIOR TO SURGERY**

- ☐ Hibiclens Wash
- ☐ OK to eat breakfast.
  - This will be your last solid meal.
  - After breakfast, only clear liquid allowed.
- ☐ Drink GoLYTELY bowel prep - see back panel for instructions
- ☐ Drink two (2) 12 oz. bottles of Gatorade (any flavor) with your prep
- ☐ Take antibiotics as directed:
  - Metronidazole
  - Neomycin

## Surgery Day

**DAY OF SURGERY**

- ☐ Hibiclens Wash
- ☐ Drink 2 bottles of Ensure Pre-Surgery Clear 3 hours prior to surgery. Finish both bottles before checking in.
- ☐ Someone will call you 1-3 days before surgery to finalize your surgery and check-in time.
- ☐ When you check-in, you will be given Tylenol and gabapentin to reduce post-operative pain.

## Post-Procedure

**SHORTLY AFTER SURGERY**

- ☐ You will be given medication to help with any pain. We try to avoid narcotics unless necessary (cause constipation and delay recovery).
- ☐ You will be asked to drink liquids upon waking.
- ☐ A few hours after surgery, you will be assisted to take a short walk with a nurse.

**DAY AFTER SURGERY**

- ☐ Start eating soft solid foods
- ☐ Non-narcotic pain medications to keep you comfortable.
- ☐ Asked to walk at least twice

**Please note:** If your pain is well-controlled and you are eating/drinking enough, you will be discharged to home, possibly on the 1<sup>st</sup> postoperative day. Otherwise, you will be observed in the hospital until these goals are achieved. **Please plan appropriate arrangements for transportation from the hospital and care at**

## Patient Instructions Roadmap

Please follow these patient instructions listed in this roadmap, which starts two weeks prior to surgery (pre-surgery), up to a few days prior to and including the day of surgery (pre-procedure) as well as after surgery (post-procedure).

### Antimicrobial Soap (Hibiclens) Instructions

Prevention of surgical wound infection is important to your recovery. One of the ways you can help prevent infection is by bathing with an antimicrobial soap before surgery

- ☐ Use the Hibiclens soap on the two days before and the day of your operation (i.e. once daily for 3 days).
- ☐ Use Hibiclens soap instead of your regular soap – do not use both. This dilutes the effect of the Hibiclens.

- Showering Instructions:
- 1) Wash from the neck downwards. Please make sure to wash your abdomen, where the surgery will be performed. Avoid using on your face or genitalia.
  - 2) Wash your body gently for five minutes. Do not scrub too hard!
  - 3) Do not apply powder, lotion, deodorant, or hair products after the third shower (i.e. on the day of your surgery).
  - 4) Do NOT shave the area of your body where the surgery will be performed. Shaving increases your risk of infection.

**⚠ Do NOT USE Hibiclens: ⚠**

- If you have an allergy to chlorhexidine-containing products.

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- ◇ While you are drinking the prep, make sure you are staying hydrated by drinking plenty of clear liquids. This includes: water, clear fruit juices (apple, grape, cranberry), bullion, clear broths and plain Jell-O.
- ◇ NO solid foods, milk/milk products, or juice with pulp are allowed.
- ◇ We ask that you specifically drink two (2) 12 oz. bottles of Gatorade prior to midnight on the day before surgery. Any flavor (even the red/cherry) is fine, as long as you are not having a colonoscopy prior to your surgery.

### Pre-op Antibiotics

to help prevent surgical infection



#### ERYTHROMYCIN

Take 2 tablets (500 mg)  
at 5pm, 6pm, and 8pm  
on the night before your surgery

#### NEOMYCIN

Take 2 tablets (1000 mg)  
at 5pm, 6pm, and 8pm  
on the night before your surgery

**NOTE:** If you are taking a “-statin” medication i.e. atorvastatin (Lipitor) or simvastatin (Zocor), please stop this medication the day before surgery since it is not compatible with erythromycin.

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## Enhanced Recovery After Surgery (ERAS) & Surgical Infection Prevention

### KIT #2

This kit contains the following:

- Ensure Pre-Surgery Clear drink for day of surgery
- GoLYTELY bowel prep
- Hibiclens body wash
- Two (2) antibiotics to be taken the night prior to surgery
  1. Erythromycin
  2. Neomycin

This kit does not include:

- Two (2) 12 oz. bottles of Gatorade



OUR VIDEOS ABOUT ERAS:  
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Patient Instructions

Last Revised: January 2021

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starts here

## Pre-Procedure

### 1-2 WEEKS PRIOR TO SURGERY

- Carbo load: eat foods high in carbohydrates (potatoes, bread, pasta, rice).
- Stay active!

### 2 DAYS PRIOR TO SURGERY

- Hibiclens Wash  
- see side panel for instructions

### 1 DAY PRIOR TO SURGERY

- Hibiclens Wash
- OK to eat breakfast.  
- This will be your last solid meal.  
- After breakfast, only clear liquid allowed.
- Drink GoLYTELY bowel prep  
- see back panel for instructions
- Drink two (2) 12 oz. bottles of Gatorade (any flavor) with your prep
- Take antibiotics as directed:  
Erythromycin  
Neomycin

### DAY OF SURGERY

- Hibiclens Wash
- Drink 2 bottles of Ensure Pre-Surgery Clear 3 hours prior to surgery.  
Finish both bottles before checking in.
- Someone will call you 1-3 days before surgery to finalize your surgery and check-in time.
- When you check-in, you will be given Tylenol and gabapentin to reduce post-operative pain.

## Post-Procedure

### SHORTLY AFTER SURGERY

- You will be given medication to help with any pain. We try to avoid narcotics unless necessary (cause constipation and delay recovery).
- You will be asked to drink liquids upon waking.
- A few hours after surgery, you will be assisted to take a short walk with a nurse.

### DAY AFTER SURGERY

- Start eating soft solid foods
- Non-narcotic pain medications to keep you comfortable.
- Asked to walk at least twice

**Please note:** If your pain is well-controlled and you are eating/drinking enough, you will be discharged to home, possibly on the 1<sup>st</sup> postoperative day. Otherwise, you will be observed in the hospital until these goals are achieved. **Please plan appropriate arrangements for transportation from the hospital and care at**

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**Do NOT USE Hibiclens:**



- If you have an allergy to chlorhexidine-containing products.