

## **Roux-En-Y Gastric Bypass Bowel Prep**

### **TWO DAYS BEFORE SURGERY** -----

- ❑ If you are already on the 10 day liquid diet stay with that; otherwise, start on clear liquids for dinner (that is anything you can see through like juice, water, broth, Jell-o etc., see your diet guide for more suggestions).
- ❑ **No CARBONATED beverages**
- ❑ Stay on your particular diet for the remainder of the day.

### **ONE DAY BEFORE SURGERY** -----

**Stay on your particular diet for the entire day. No CARBONATED beverages allowed.**

We recommend that you purchase ahead of time the **Mira-Lax, Dulcolax tabs, Gatorade, Mineral oil** (over the counter) and **antibiotics** (prescription). We also recommend starting the bowel prep early in the day (Around 12pm would be fine but no later than 3pm).

1. Start by taking 4 **Dulcolax tabs**.
2. 1 hour later mix the entire 8.3 oz bottle of **Mira-Lax** with 64oz of Gatorade or Crystal-Light. (If you are on the 10-day liquid diet it will need to be diet Gatorade). You **must** drink the entire 64oz mixture. If you are unable to complete the entire 64oz, you will need to call the doctor for further instructions.
3. 2 hours later take 4 more **Dulcolax tabs**.
4. Three hours after **Mira-Lax** starts working, take 4 Tbsp (30cc) of **Mineral Oil**.
5. **At 5:00 p.m., 6:00 p.m., and 11:00 p.m.**, take 1gram each of **Erythromycin** and **Neomycin** (your antibiotics).

*The Antibiotics, Erythromycin and Neomycin, are known to cause nausea and possible vomiting. If you are experiencing these symptoms, you may skip one dose and try again with the next dose. If you are still having difficulty, you may skip the antibiotic that is causing the nausea or vomiting.*

**\*\*\*Nothing to Eat or Drink After Midnight \*\*\***

### **THE MORNING OF SURGERY** -----

Take your blood pressure, heart, asthma, and any other medications as directed by your surgeon with a very small sip of water. Also if you are a Diabetic check your blood sugar and if it is less than 200 **take nothing**.

**Remember to bring all your meds with you. We want them available if needed!**

As always if you have any questions throughout this whole process please give us a call. There is a nurse here 24/7 to answer any questions.