



3400 Independence Drive Birmingham, AL 35209 Phone: (205)933-1199 Fax: (205)212-5585

ABDOMINAL SURGERY INSTRUCTIONS

Clear liquid diet all day and night on _____. Nothing with any food particles in it. Examples: tea, coffee (no milk or cream), chicken broth, beef broth, apple juice, white grape juice, white cranberry juice, Gatorade, soft drinks (including Coke, Pepsi, Dr. Pepper and Mt Dew), popsicles, or Jell-O.

*****NO ALCOHOL OR MILK PRODUCTS*****

- * At 1:00 PM mix bowel prep and place in refrigerator.
 - Miralax (8.3 ounce bottle or 238 grams)
 - Gatorade or other sports drink (64 ounces) *If you are diabetic mix with Crystal light or other low calorie drink.
- * At 1:00 PM begin taking antibiotics. Take one each @ 1 PM, 3 PM, 6 PM, & 9 PM.
- * At 4:00 PM start to drink the Miralax solution.
 - Drink one glass every 10-15 minutes.
 - Drink it quickly, rather than sipping small amounts.
 - Finish drinking the liquid by 6 PM.
 - DRINK ALL OF THE MIXTURE!!!
- * Shower and scrub the abdomen with soap and betadine the night before surgery. (If the hospital gives you soap to use, it is ok to use that instead of betadine.)
- * Nothing to eat or drink after midnight on _____.

You may have a small sip of water to take medication for your heart, blood pressure, or breathing on the morning of your procedure. Bring insulin with you to the hospital.

Day of Surgery: _____ Time: _____

Doctor: Dr. Guffin Dr. Murray Dr. Scarcliff

Location: Princeton St. Vincent's Bham St. Vincent's East Gardendale Surgery

NO ASPIRIN, IBUPROFEN, COUMADIN, WARFARIN, PLAVIX, or any other blood thinners for 5 days before any procedure.

No vitamin E or herbal supplements for 7 days before any procedure.