

## ORAL ANTIBIOTICS/BOWEL ROUTINE

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### PREPARING FOR BOWEL SURGERY – ERACS

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#### AT LEAST 5 DAYS BEFORE YOUR SURGERY

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#### FILL YOUR PRESCRIPTION FOR PICO-SALAX, NEOMYCIN, AND METRONIDAZOLE

- PICO-SALAX, 2 SACHETS
- NEOMYCIN, 3 DOSES, 1 GRAM EACH
- METRONIDAZOLE, 3 DOSES, 1 GRAM EACH

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#### 1 DAY BEFORE YOUR SURGERY

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#### DO NOT EAT ANY SOLID FOOD

**DRINK ONLY CLEAR FLUIDS SUCH AS SPORTS DRINK, JUICE (APPLE, GRAPY, CRANBERRY), BROTH, BLACK COFFEE, TEA, LEMONADE, OR JELL-O**

#### BOWEL PREPARATION

- STARTING AT 8 AM TAKE THE FIRST SACHET OF PICO-SALAX
- AT 12 PM (NOON) TAKE THE SECOND SACHET OF PICO-SALAX

#### VOLUME OF LIQUID INTAKE

- TAKE 1 – 1.5 LITRES OF MEASURED CLEAR FLUIDS AFTER EACH SACHET FOR A TOTAL OF 2 – 3 LITRES OF FLUIDS. PREFERABLY NOT WATER.

#### TAKE YOUR ANTIBIOTICS BY MOUTH AT THESE TIMES AFTER YOU COMPLETE THE PICO-SALAX

- AT 1 PM TAKE NEOMYCIN (1 GRAM) AND METRONIDAZOLE (1 GRAM)
- AT 3 PM TAKE NEOMYCIN (1 GRAM) AND METRONIDAZOLE (1 GRAM)
- AT 8 PM TAKE NEOMYCIN (1 GRAM) AND METRONIDAZOLE (1 GRAM)