

PRINCE GEORGE GENERAL SURGERY

ELECTIVE COLON SURGERY PREPARATION (PICO+NEO)

Taking a laxative + antibiotic colon preparation before elective colon surgery decreases the chance of post-operative wound infections.

Please read these instructions thoroughly and follow all directions carefully.

YOU MUST PURCHASE: PICO SALAX 1 box and METRONIDAZOLE (pharmacy)
NEOMYCIN (at cost from our office)

IN THE WEEKS/MONTHS BEFORE SURGERY:

- Smoking: try to decrease or quit smoking because it will decrease the chance of surgical complications, wound complications, and heart/lung complications
- Diet and exercise: try to eat a healthy diet and increase your physical activity
- Regular medications:
 - The pre-surgical screening office will give you instructions on how to manage your home medications in the days before surgery
 - If you have more complex medical issues the anesthesia doctors will give you instructions on how to manage your home medications in the days before surgery

ONE (1) DAY BEFORE SURGERY:

- You can eat a full diet but the prep may cause nausea so have bland foods ready
- At 11 AM take 1 sachet PICO SALAX and quickly drink 1 L of fluids
- At 2 PM take 1 sachet PICO SALAX and quickly drink 1 L of fluids
- At 4 PM take NEOMYCIN 1 g and METRONIDAZOLE 1 g by mouth
- At 7 PM take NEOMYCIN 1 g and METRONIDAZOLE 1 g by mouth
- At 10 PM take NEOMYCIN 1 g and METRONIDAZOLE 1 g by mouth
- Do not eat anything after midnight

ON THE DAY OF SURGERY:

- Follow the medication instructions of the pre-surgical clinic/the anesthesiologist
- At 4 AM take your allowed morning medications with a small sip of clear fluid
- Do not drink anything after 4 AM
- Bring the following to the hospital with you:
 - Your home medications and inhalers
 - Your CPAP/BIPAP machine
 - Your phone and charger

IF YOU HAVE ANY QUESTIONS PLEASE CALL OUR OFFICE AT 250-645-4728
