During the days before surgery:
- Practice with the incentive spirometer. This will help you use it after the operation.

The day prior to surgery:
- Only drink clear liquids.
- Starting at noon, drink the Golytely. Finish this by midnight at the latest. This will cause diarrhea. The purpose of this is to clean out your colon to make the operation safer.
- Take the antibiotics as directed below. These help clean your colon out.
  - Neomycin 4 tablets at 7 pm and 4 tablets at 11 pm
  - Metronidazole 4 tablets at 7 pm and 4 tablets at 11 pm
- Do not eat or drink anything after midnight.

The day of surgery:
- Take the alvimopan tablet with a sip of water at 5:30 am.
- Same Day Surgery will tell you if you need to take other medications in the morning.
- Come to Same Day Surgery at the time they give you.
- You will meet our ostomy therapist, Sue Brown. Ms. Brown will work with you. She will mark a comfortable position for the ostomy on your abdomen. We mark everyone for an ostomy just in case we need to make one during the operation for your safety.
- We may draw more labs that morning.
- You will talk to the anesthesiologist. This is the person who will put you to sleep. He or she will explain the anesthesia. He or she will answer your questions.

After surgery:
- Most of the time, you will have a button to push to give yourself pain medication. Sometimes, the nurse may give it to you through the IV. It is very important to tell your nurse if you have pain! You need to be comfortable so you can get out of bed.
- In the afternoon or evening after surgery, you should sit in a chair.
- On the day after surgery, you should sit in a chair. You should also walk. In the days after surgery, you should walk at least three times a day. This helps prevent a blood clot and pneumonia. It also helps your bowels start working again.
- Use your incentive spirometer every hour while awake. This helps prevent pneumonia.
- You will get an injection in the skin of a blood thinner. This helps prevent blood clots. You may get a bruise at the injection site. This is normal.
- You will be given alvimopan tablets twice a day until you have a bowel movement. This medication helps your bowels start working again more quickly.

- If we made an ostomy, Sue Brown and the nurses will help you with the ostomy. You and your family will be taught how to take care of it. We will give you supplies for it.

- PLEASE ASK QUESTIONS!