



Bowel Surgery Preparation

Your child is scheduled for surgery on _____. It is important that the bowel (the lower part of the digestive system) be clean and empty before surgery to minimize the risk of infection. (Please see attached information sheet for details of [bowel cleanout](#)).

Your child will be admitted to the hospital **the day before surgery** on _____ in order to prepare the bowel for surgery. You will receive a call from the Coordinator of Patient Placement to inform you what time to come into the hospital. Typically, you can expect to arrive around 12 noon.

We recommend that you come to the hospital having prepared with the following diet guidelines.

We have found that the diet guidelines help to shorten the time of the bowel clean out. The nurse practitioner or a nurse will call and review the diet guidelines with you.

For children older than 1 year of age:

- **Beginning 2 days** before you are admitted to the hospital, eat a [Low Fiber Diet](#). (See attached sheet) Begin **the Low Fiber Diet** on _____
- **Beginning 1 day** before admission, have a [clear liquid diet](#). (See attached sheet) Begin the clear liquid diet on _____ and continue until admission.

If your child is less than 1 year of age:

- On the day of admission please give your child a [clear liquid diet](#). (See attached diet) Begin the clear liquid diet on _____.
- Breastfeeding is allowed up until the time the bowel prep is started in the hospital. Your child will be allowed to have clear liquids during the bowel prep. Breastfeeding may be reinitiated when your child's diet allows after surgery.

If your child is on a **special diet**, contact your doctor's office to speak with one of our nurses at **617-355-7704** or nurse practitioners at **617-355-7716**.

If your child takes a medication called **Cisapride**, do not give the medication to the child for 48 hours before you come to the hospital.

Call Your Surgeon's office if:

- your child will not eat the low fiber diet;
- will not drink the clear liquids;
- has a fever equal to 100.5°F or greater;
- rash around the buttocks and/or stoma;
- signs and symptoms of a cold (cough, wheezing, running nose);
- or if you have further concerns or questions.

A [Spanish](#) version of this is available from your provider

Send comments or questions to: Familyed@childrens.harvard.edu