

Ob-Gyne Associates of Libertyville
801 S. Milwaukee Ave Suite 100
Libertyville, IL 60048
(847) 680-3400

BOWEL PREP INSTRUCTIONS:

Day before the procedure:

Start drinking clear liquids in the morning and continue throughout the day. Clear liquids include black coffee, tea with no milk, soda, Gatorade, Propel, water, clear juices, clear broth, popsicles and any color jello. **DO NOT EAT ANY SOLID FOODS. DO NOT DRINK ALCOHOL. DO NOT EAT ANY DAIRY PRODUCTS.** Deviating from this diet may prevent adequate preparation for the procedure.

BOWEL PREPARATION:

1. At approximately 3:00 p.m. take two (2) Dulcolax tablets with 8 oz. of water. Swallow the tablets whole with a full glass of water.
2. At approximately 5:00 p.m. mix the bottle of Miralax in 64 oz. of Gatorade (or other clear liquid). Shake the solution until the Miralax is dissolved. (Note: Steps 1 & 2 can be started at another time prior to 3 or 5 pm, but not later than 5 pm. Also, once process begins, it's advisable to be near a restroom).
3. Drink 8 oz. of the solution every 15 minutes until the solution is finished.
4. The bowels should eventually empty a clear yellow liquid. **No food, drink, or water after midnight (12:00 am)** the day prior to your procedure. If by 7 a.m. the bowel movement is still not clear, please call your physician @(847)680-3400.

PLEASE DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.

**Your surgery is scheduled on _____, 20__ at-
_____ am/pm.**

Because you will be sedated, you must be accompanied and driven home by a relative or friend when your recovery is completed. You will not be able to return to work until the doctor has cleared you.