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Bowel Surgery Preparation: Miralax

Follow-up: If you do not already have an appointment, make a follow-up appointment. Typically, this should be 2 weeks after your surgery.

Over-The-Counter items that you will need to purchase:

1. Milk of Magnesia (two doses)
2. Dulcolax (oral or rectal tablets) - you will need 4 tablets of this
3. Miralax - 238g bottle

Medication Instructions

- If you take a beta blocker, you can take the day of surgery with a sip of water. For all other medications, please ask your prescribing doctor on what to do.
- If you are on a **blood thinner** (or you are told to take aspirin by your doctor), this is typically stopped 1 to 7 days before surgery. ASK YOU **PRESCRIBING DOCTOR** HOW LONG TO HOLD YOUR BLOOD THINNER PRIOR TO YOUR PROCEDURE.

Bowel Prep and Diet Instructions

- **3 Days Before** Your Surgery
  - Follow a soft diet (see below for more information on a soft diet)
  - At **bedtime**: Take a dose of Milk of Magnesia
- **2 Days Before** Your Surgery
  - Continue the soft diet (see below for more information on a soft diet)
  - At **bedtime**: Take a dose of Milk of Magnesia
- **The DAY Before** Your Surgery
  - **10 am**: Drink only CLEAR LIQUIDS starting now
  - **2 pm:** Take 1 tablet Flagyl (Metronidazole) 500 mg tablet and 2 tablets Neomycin Sulfate 500 mg
  - **3 pm**: Take 1 tablet Flagyl (Metronidazole) 500 mg tablet and 2 tablets Neomycin Sulfate 500 mg. Start to drink the *entire* 238g bottle of Miralax.

Mix the bottle with 64 ounces of liquid (you can use Gatorade). You can mix it all ahead of time or do it as your go along. You can mix and match liquids as you would like as long as they are clear and not red. You need to finish all of the Miralax by 11 pm.
    - **4 pm:** Take 4 tablets of Dulcolax (oral or rectal)
    - **10 pm:** Take 1 tablet Flagyl (Metronidazole) 500 mg tablet and 2 tablets Neomycin Sulfate 500 mg
    - Nothing to eat or drink after **11 pm.**
- **On the Morning** of Surgery
    - **3-3:30 am**: Drink the 2nd 12 oz gatorade (no red gatorade and no low sugar gatorade) with 1000 mg Tylenol and your morning prescribed home medications

Diet Descriptions and Helpful Hints

CLEAR LIQUIDS include: Water Clear fruit juice without pulp (apple, white grape, white cranberry) Lemonade (without pulp) Clear broth Coffee or tea (without cream) Sports drink (not red, purple or blue); brands include Gatorade, Powerade, All Sport, etc. Carbonated soft drinks (7UP, sprite)

SOFT DIET Includes: Non-alcoholic beverages, any Soft breads and rolls, crackers, cereals (must not have seeds, nuts, dried fruit, avoid coarse bran cereals). Cakes, pudding, (must not have nuts, seeds, dried fruit, or coconut). Fruit juices, cooked or canned fruit, banana or other ripe soft fruits without seeds. All lean, tender meats, poultry, fish Eggs, mild cheeses. Potatoes, white rice, pasta. Soups made with allowed foods from this list. Hard candy, seedless jams, chocolate, are all allowed

HELPFUL HINTS: You may add crystal light lemonade to the laxative prep. We recommend adding it one glass at a time. It is better to drink the prep quickly-try using a straw. You may suck on hard candy or chew gum between glasses.