

ERAS BOWEL PREP

DIET Day prior to prep: Clear Liquid Only Preferred

Morning of Prep:

- 1) Take Dulcolax tablets (40 mg) with water in the morning
- 2) Mix full bottle of Miralax with clear liquids and drink over the next couple of hours
- 3) Make sure to drink extra water or clear liquids 32 oz at least
- 4) Take Phazyme (gasX over the counter) to prevent gas/bloating
- 5) In the Afternoon of Prep Day take the antibiotics at specific times:
 - a) At 2 PM: Take both antibiotics
 - b) At 3 PM: Take both antibiotics
 - c) At 10 PM: Take both antibiotics
- 6) Around 5 PM if you are still having any solid stool take the additional Dulcolax tablets (20 mg)
- 7) The bowel prep may cause nausea, if you are prone to nausea take the Zofran 4 mg tablet 15 min before starting and every 6 hours all day. Take as needed if you become nauseated during the bowel prep.

Standard Antibiotics:

- 1) Preferred Antibiotics are Erythromycin 1 g and Neomycin 1 g for three doses
- 2) If Erythromycin is not available, or the patient does not tolerate it well, we can substitute for Flagyl 500 gm for three doses
- 3) Fine to alternate to flagyl if there is an insurance issue. If neomycin is not available at their preferred pharmacy we may need to send to an alternate pharmacy.

Standard Mechanical Bowel Prep:

- 1) The miralax/dulcolax combo works well for most patients
- 2) For patients with constipation history already taking those medications they sometimes are not sufficiently active so we give Magnesium Citrate instead (more potent laxative)
- 3) For patients with very severe constipation in which a slower prep over two days is needed, we will give a 4 L of Golytely instead, significant volume of liquid to clean out when