

Miralax and Dulcolax Bowel Prep for Colon Surgery

A bowel prep is done to clear the bowel of all solid matter. Its purpose is to prepare the bowel for surgery or a procedure. Please follow these instructions.

*****Please walk 10 minutes per day for 2-4 weeks prior to surgery*****

One (1) week before surgery: Begin drinking 1 can or bottle of Ensure with meals three times per day

To Prepare:

- Tell your doctor if you have diabetes or take blood thinners. You may need to stop some of your medicine a few days before your test.
- Ask your doctor if you should take any of your medicines the morning of your test. If so, take with sips of water only.
- One week before your test:
 - Do not take aspirin products or iron tablets
 - Do not take fiber supplements like Metamucil, Citrucel, or Fiberall.
 - Do not eat popcorn or any corn
- **You will need these items from the store:**
 - **Miralax in a large bottle (8.3 oz or 238 grams)**
 - **4 Dulcolax or bisacodyl tablets (5mg tablets)**
**There may be store brands of these products that cost less. Ask the pharmacist to help you find what you need.
 - **Buy a large 64-ounce bottle of sports drink, such as Gatorade.** If you have diabetes, buy a no - or low - calorie drink, such as Crystal Light instead. This will be used to mix your Miralax the day before your test. Do not use carbonated beverages.
 - **Apple Juice** – You will need at least 30 ounces.
 - **Hibiclens** (to shower with the night before surgery)

On the day before your surgery: _____

- Drink only clear liquids. **Avoid all red or purple colored liquids.** Do not eat any solid food or milk products. Clear Liquids:
 - Water -Ice -Strained Fruit Juices (no pulp) -Soft Drinks
 - Popsicles -Gatorade -Clear Broth/Boullion -Jello -Kool Aid
 - Coffee or Tea (no milk or cream)
- Follow the schedule below for your bowel prep. You may need to get to the toilet right away. You will have many bowel movements through the day. They will become very watery. The bowels are clear or clean when there is only pale yellow fluid without flecks of stool.

Follow this chart on the day before your surgery.

Take a shower with Hibiclens.

1:00pm	Take 4 Dulcolax tablets with a drink of clear liquid.
2:00pm	Mix the Miralax in a 64-oz bottle of Gatorade or other clear liquid of choice. Cap the bottle and shake the bottle to dissolve the powder. Most people prefer to drink the liquid chilled so you may want to place it in the refrigerator.
4:00pm	Start to drink the Miralax. Drink one glass every 10 to 15 minutes. Drink it quickly rather than sipping small amounts because it does not taste that good. Finish drinking the liquid in 2 hours. Be sure to drink all of the liquid.
7:00pm	Drink 20oz (ounces) of apple juice.
12:00 Midnight	Do not eat or drink anything after midnight. You may gargle but do not swallow any liquid. Do not smoke after midnight.

The Morning of the Colon Surgery: _____

- Do not eat anything
- Take a shower with Hibiclens
- Drink 10oz. (ounces) of apple juice four hours prior to your surgery. Do not eat or drink anything else.
- If you are to take your morning medicines, take with small sips of water only
- Bring all medicine you usually take (in the original containers) to the hospital with you.

Talk to your doctor or nurse if you have any questions or concerns.