

BOWEL PREPARATION

You will start this procedure the day before surgery is scheduled. The medications needed are available over the counter. You will need:

- Miralax – 1 bottle (238g) mixed in 64oz Gatorade
- 3 Dulcolax tablets

Day Before Surgery:

1. Drink only “clear liquids” for breakfast, lunch, and dinner. Solid food, milk, or milk products are not allowed.

CLEAR LIQUIDS INCLUDE:

- Strained fruit juices without pulp
 - Water, clear broth, bouillon
 - Black coffee or tea
 - Gatorade, soft drinks, and fruit flavored drinks (Kool-Aid)
 - Popsicles, fruit juice, Jell-O
2. At **12:00 pm** take the Miralax (chill for better taste)
 3. At **4:00 pm** take three Dulcolax tablets
 4. Drink at least three more 8oz glasses of clear liquids before going to bed
 5. Nothing to eat or drink after midnight

Day of Surgery:

- Nothing to eat or drink the day of your surgery