

BOWEL PREP INSTRUCTIONS (Surgery)

Miralax (same as Glycolax)

You will need to purchase these items below-these are all over the counter and you can find listed options of alternatives on the back of this sheet.

Miralax bottle (**238 grams** or **8.3 ounces**)

(4) Dulcolax or bisacodyl tablets (**5 milligram tablets**)

(2) 32 oz. bottles of re-hydration (sports) drink except no red drinks (See back of this sheet for list of brands to choose from)

DAY ONE = one day prior to Surgery

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| 7:00 am | Begin clear liquid diet (list on back). Absolutely NO solid food or alcohol |
| 3:00 pm | Take 4 dulcolax tablets with water |
| 4:00 pm | Combine the 238 gram bottle (or 8.3oz.) of Miralax powder into an empty pitcher along with (2) 32 oz. bottles of rehydration (sports) drink. Mix and Chill if desired. |
| 6:00 pm | Start to drink the Miralax. Drink (1) 8oz. glass every 15 minutes over a two hour period. Drink each glass quickly rather than drinking small amounts continuously. |

DAY TWO = day of Surgery

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| 1. | Beginning at 12:30 a.m., take nothing by mouth. The only exception to this is your regular medications. For use of your medications the day of your surgery, refer to the orange medication instruction sheet enclosed. |
| 2. | Call (585-461-2498) if you have any questions regarding any of these instructions. |

- One hour before leaving home, use one Saline Fleet Enema (generic brand OK to use) **(if box checked only)**