

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

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	Mix the bowel prep powder with both bottles of sports re-hydration drink. Before mixing, pour bowel prep powder in an empty pitcher or container and add re-hydration drink. 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

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)

CLEAR LIQUIDS (NO ALCOHOL): *Do not drink any liquid that is RED*

- Water
- Clear juices (apple, white grape juice, orange drink, white cranberry juice)
- Black coffee or tea (no creamers) sugar OK
- Bouillon or clear broth
- Soda pop (Sprite, Ginger-ale, Mountain Dew), Gatorade (no red)
- Jell-o (no red), popsicles (no red), Lemon Ice

BOWEL PREP TABLETS: (any of these brands)

- *These are the PILLS to take at the start of your bowel prep*
- Bisacodyl (Generic)
- Dulcolax
- Dulcogen
- Alophen
- Bisco-lax
- Carters Little Pills
- Colax
- Fleet Bisacodyl
- Modane

DO NOT USE STOOL SOFTENERS

RE-HYDRATION (SPORT) DRINKS: Two 32 oz bottles *NO RED DRINKS*

- *This is the liquid used to mix with the powder (below)*
- Powerade (contains less sugar than Gatorade)
- Powerade zero (even less sugar, best for diabetics)
- G2 (same amount of electrolytes as Gatorade, just less calories)
- W-sport drink (Wegmans brand)
- AllSport
- HydraLife powder
- Gatorade

BOWEL PREP POWDER

- *This is the powder to mix with the liquid (above)*
- Glycolax
- PureLax
- ClearLax
- Miralax

Please Note:

- Please wear socks as it sometimes can get cool in the procedure room.
- No nail polish on fingers only (you do not need to remove acrylic nails). The nail polish may interfere with the oxygen sensor that is placed on your finger.
- Diabetics may use Powerade Zero as it contains less sugar than regular Powerade.