

BOWEL PREP INSTRUCTIONS (Surgery)

Miralax (same as Glycolax)

You will need to purchase these over the counter items. On the back of this page, you can find lists of options or alternatives.

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

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

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

BEGIN CLEAR LIQUID DIET at _____ **on** _____

Absolutely no solid food after this time.

PREP DAY ONE = *one day prior to Surgery*

1:00 pm	Take 4 bisacodyl tablets with water. Mix the 238-gram bottle (or 8.3oz.) of Miralax powder into an empty pitcher along with both 64 oz. of rehydration (sports) drink. Mix. Chill if desired.
4:00 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.	As per hospital instructions, you may drink clear liquids up until 4 hours before your surgery.
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)

(ONLY if box checked)