

BOWEL PREP INSTRUCTIONS (Surgery)

Miralax (same as Glycolax)

Please Purchase:

- One (1) bottle of Miralax (**238 grams** or **8.3 ounces**)
- Four (4) Dulcolax or bisacodyl tablets (**5 milligram tablets**)
- 64 oz. of re-hydration (sports) drink. (See back of this sheet for a list of brands to choose from)

These products are over the counter. You can find alternative options listed on the back of this sheet.

DAY ONE = one day prior to surgery appointment

7:00 am	Begin clear liquid diet (list on back). Absolutely NO solid food or alcohol.
10:00 am	Take 2 bisacodyl tablets with water (do not crush or chew and do not take within 1 hour of taking an antacid).
3:00 pm	Take remaining 2 bisacodyl tablets with water (do not crush or chew and do not take within 1 hour of taking an antacid).
4:00 pm	Combine the 238 gram bottle (or 8.3oz.) of Miralax powder into an empty pitcher along with 64 oz. of rehydration (sports) drink. Mix and chill if desired.
5:00 pm	Start to drink the Miralax mixture. Drink (1) 8oz. glass every 15 – 20 minutes over a two to three hour period. If you get nauseated, it's okay to pause for 20 – 30 minutes then resume once it has passed. Continue to drink high volumes of clear liquids throughout the rest of the evening.

DAY TWO = day of surgery

1.	As per hospital instructions, you may drink clear liquids up until 4 hours before your surgery. Follow all other instructions as provided by the hospital
2.	Call (585-461-2498) if you have any questions regarding any of these instructions.

☐ Take your antibiotic pills as prescribed at 1pm, 3pm and 10pm the day prior to surgery. **(Only follow this step if the box is checked)**

CLEAR LIQUIDS (NO ALCOHOL):

- Water
- Clear juices (apple, grape juice, orange drink, white cranberry juice)
- Black coffee or tea (no creamers). Sugar is OK to add
- Bouillon or clear broth
- Soda pop (Sprite, Ginger-ale, Mountain Dew), Gatorade
- Jello, popsicles, 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

DO NOT USE STOOL SOFTENERS

RE-HYDRATION (SPORT) DRINKS: 64 oz.

This is the liquid used to mix with the powder (below)

- Powerade, Powerade Zero
- Gatorade, Gatorade Zero, Gatorade Fit, Gatorlyte
- Prime
- BodyArmor
- Propel
- Pedialyte

BOWEL PREP POWDER

This is the powder to mix with the liquid (above)

- Miralax
- Glycolax
- PureLax
- ClearLax

Please Note:

- Diabetics may use Powerade Zero or Gatorade Zero as it contains less sugar than regular Powerade.
- **Please leave all valuables at home.**

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