

INSTRUCTION FOR BOWEL PREP

These instructions are very important to follow exactly as directed. Failure to follow these instructions *will* result in cancellation of your surgery.

You will need to purchase the following: Miralax 238gram bottle and a 64oz bottle of Gatorade (any color is fine).

Step by step instructions

1. On the day before surgery: You will be on a clear liquid diet (see menu below).
2. Beginning at 12pm: Mix together the 238gram bottle of Miralax with 64oz of clear liquid. Drink an 8oz glass of solution every 15-20 minutes until gone. The diarrhea effect usually begins within an hour or two, but may vary. You may experience bloating or cramping at the beginning, but this should improve once the diarrhea begins. If you develop nausea or vomiting, take a break from drinking for one hour. Then resume drinking at a slower rate. The diarrhea usually continues for 3-4 hours after completing the Miralax solution. You may use non-alcohol wipes to cleanse after each bowel movement and/or a barrier cream such as Vaseline or Desitin to help prevent chaffing of the skin.

Recommendations for Clear Liquid Diet:

- Clear Soup Broth
- Fruit Juices (apple, grape, cranberry-no orange or tomato)
- Gatorade or Propel Fitness Water
- Jell-O (no fruit or vegetables added)
- Black Tea
- Black Coffee (Sweeteners OK-No Milk or Cream)
- Soda
- Popsicles or Juicesicles