Surgery Department Bowel Preparation Instructions

Miralax Split dose

Please note: If these instructions are not followed exactly as written, your procedure may need to be rescheduled due to inadequate prep.

- Please let your physician know if you are taking Coumadin (Warfarin), or Plavix.
- Do not take aspirin, ibuprofen, non-steroidal anti-inflammatory agents or other types of arthritis medication for seven days before examination or surgical procedure. Tylenol is okay. DO take any heart medications with a small sip of water on morning of the procedure.
- You can use baby wipes instead of toilet paper, this may decrease irritation or soreness.
- Please leave all jewelry, watches, and valuables at home.
- Bring a current list of medications.
- You will be given sedative medications. Therefore, you must bring a responsible party to drive you home.
- Do not eat any uncooked fruits or vegetables 3 days prior to exam: No corn, tomatoes, or anything with seeds.

On the day prior to Exam:

1. **Drink only clear liquids for breakfast, lunch, and dinner. Do not have any solid foods, milk, or dairy products. Do not have any liquids that you cannot see through.** (See attached list for liquid ideas). You may have clear liquids up into midnight. Only take things on the clear liquid list.

2. **You will be drinking the solution in 2 parts:**
   - **Take 2 Dulcolax (bisacodyl) tablets at 1:00pm.**
   - **Part 1:** At 3pm the evening before your procedure begin drinking the solution- Mix 238gm bottle of Miralax with 64oz of Gatorade. Shake solution until completely dissolved. Drink one glass (8oz) every 10-15 minutes until all of solution is gone.

On the Morning of the Procedure:

- **Part 2:** On the morning of your procedure, beginning 3-4 hours before your scheduled procedure time, begin drinking bottle two of Miralax and Gatorade - one 8oz glass every 10 to 15 minutes until the bottle is gone. **Keep in mind that you need to finish the remaining portion by 2 hours before your scheduled procedure.**
3. Prepare your solution the morning of the procedure and refrigerate. You may drink the solution chilled through a straw.

4. You may become cold or have chills while drinking the solution.

5. It may be 2-4 hours before you pass stool. If you have vomiting, bloating, or inability to move your bowels you may need to:
   - Slow your rate of drinking the solution.
   - Begin walking to move the solution down in your intestinal tract.
   - Once your bowels begin to move, the nausea and bloating usually stops. You should then continue to drink the solution at the prior rate of 8 ounces every 10 minutes.

You may not have anything to drink other than the solution on the day of the procedure.

Procedure Date: __________________________

The Hospital will call with your time of check in time approximately the week prior to procedure.

If you have any questions or concerns please call office at 208-756-5779.