

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.