

BOWEL PREP

(START THIS THE DAY BEFORE YOUR SURGERY)

Clear liquid diet; soda, juices without pulp, broth, Jell-O, popsicles, Italian ice, and hard candies (liquids that you can see through). NO DAIRY PRODUCTS OR SOLID FOOD.

About 4:00 pm the evening before your surgery mix an entire container of MIRALAX with 64 oz Gatorade or Pedialyte. Mix well. Drink 8-12 oz. every 15-20 minutes until all 64 oz. are consumed. It is very important that you drink all of the mixture within 6 hrs.

After the Miralax mixture is finished , take three BISACODYL (Ducolax) tablets with 8-12 oz of clear liquid. The package instructions may direct you not to take more than two tablets at a time, but for this preparation take three.

Clears until midnight- then nothing by mouth. ALSO NO GUM OR HARD CANDY!!!

Do not take any ibuprofen (Motrin, Advil) or aspirin for 7-10 days prior to your surgery. Use acetaminophen (Tylenol) for any pain relief