



Bowel preparation instructions

1. Medication:

A. Purchase MiraLax powder 8.3 ounces/238 g over-the-counter. Also, purchase over-the-counter Dulcolax laxative tablets (not stool softener).

Mix the entire 8.3 ounce/238 g of MiraLax with 64 ounces of Crystal Light lemonade, Gatorade or other clear liquid (not red), and chill.

Or B. Pick up prescription for Go-Lytely prep ½ bottle

2. The day before you scheduled surgery:

A. Have a light breakfast before 8 a.m.

B. Drink only clear liquids after 8 a.m. These must not be red.

C. You may have water, soft drinks, juices, bouillon, black coffee or tea with no milk or cream, jello, popsicles or hard candies.

D. You may not have cream, milk, dairy products, solid foods, alcoholic beverages, liquids that are not clear (such as orange juice) or any liquid or jello containing red dye.

3. Take your medication:

A. At 1:00 p.m., take 4 Dulcolax tablets.

At 3:00 p.m., start drinking the MiraLax drinking 8 ounces every 10-15 minutes until finished.

Or B. At 1:00pm – start Go-Lytely prep - drink one glass at a time until finish ½ bottle

4. Consume nothing by mouth after midnight.

5. Please note - 1 week before surgery contact our office if:

A. You are taking Aspirin, Coumadin, Warfarin, Ibuprofen, Plavix, Fish oil, Vitamin E or other blood thinners.

B. You are diabetic or have kidney disease

**NOTHING TO EAT OR DRINK AFTER MIDNIGHT
REST AND TRY TO RELAX**