

## **MiraLax and Gatorade Colon Surgery Preparation**

\*\*Please purchase the following items at least 2 days before your procedure:

- Bisacodyl or Dulcolax tablets (4 tablets, 5 mg each tablet)
- Gatorade (one 64 ounce or two 32 ounce bottles) – No red or purple colors
- MiraLax 8.3 ounce/14-day supply (Ok to purchase generic brand)
- Antibiotics if prescribed for bowel prep



**763.780.6699**

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### **Important details about your procedure:**

- If you are diabetic, consult with your doctor for additional instructions. If you take insulin, oral diabetic medications, water pills or blood pressure medication, check with your primary care provider about possible dosage adjustment.
- If you are taking blood thinners such as Coumadin (Warfarin), Plavix, Pradaxa, Xarelto, Heparin, Eliquis, black cohosh, etc., please contact your surgeon & prescribing provider for directions on stopping these medications. If you are not approved to stop blood thinning medicine, call your surgeon's office to discuss this further.

### **Five days prior to your procedure:**

- Stop taking iron supplements if you take them.

### **Three days prior to your procedure:**

- Begin a low-fiber diet: Avoid raw fruits, vegetables, whole wheat, nuts, popcorn, bran, Metamucil, FiberCon, or other bulking agents.

### **Two days prior to your procedure:**

- Increase your water intake. Try to drink at least eight (8) glasses of water a day.
- Do not eat foods that contain seeds (peanuts, strawberries, raspberries, seeded buns, etc.).

### **The day before your procedure:**

- Do not eat solid foods. You need to be on a clear liquid diet the entire day. A list of recommended clear liquid diet drinks are listed at the bottom of the page.
- In the morning, mix the entire contents of the MiraLax powder with the Gatorade until it completely dissolves. You may place it in the refrigerator or leave out at room temperature.

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- At 9:00 a.m., take all 4 Bisacodyl (Dulcolax) tablets. This should cause a few bowel movements but the effects usually do not happen immediately. Be sure you have access to a restroom the rest of the day.
- Take your antibiotics as instructed: one of each antibiotic at 1 p.m., 7 p.m. and 11 p.m.
- At 5:00 p.m., start drinking the solution of MiraLax and Gatorade. Drink an 8 ounce glass every 10 minutes. It will take about 2 hours to drink the entire 64 ounces of the bowel prep mixture.
- Continue drinking clear liquids even after you finish your bowel prep mixture.
- If you experience bloating, cramping, nausea or vomiting, take a 15-30 minute break and then restart drinking the bowel prep mixture.
- This bowel prep may cause you to go to the bathroom in the middle of the night.

**The day of your procedure:**

- Wear comfortable clothing. You will be asked to change into a gown in the surgical area.
  - Discuss your morning medication with your primary care provider. Please bring a current list of your medications to your procedure.
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**Clear Liquid Diet**—Clear liquid diets contain foods that are free of fat and fiber. These foods will liquefy to a transparent or clear liquid at room temperature.

Drink as much clear liquid as you like, which includes any of the following:

- Coffee, tea, soda pop, water, sports drinks (no red or purple drinks)
- Jell-O, popsicles, fruit ice (no red or purple colors and no strawberry or kiwi seeds)
- Fruit drinks or juices. Citrus juices or fruit nectars (strained) – No pulp
- Soups: Broth, consommé, meat stock or vegetable stock (strained)
- Hard candy (suck on candy – no red or purple)
- Salt, sugar, & dissolvable flavorings are allowed (example- Crystal Lite)

Do not drink dairy products or alcoholic beverages while on a clear liquid diet.