

Miralax Bowel Prep for Colon Surgery
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A bowel prep is done to clear the bowel of all solid matter. Its purpose is to cleanse the bowel for surgery or a procedure such as colonoscopy. Please follow these instructions exactly. Begin the bowel prep one day before your scheduled procedure. The cleansing is complete when the fluid passed is pale yellow without flecks of stool.

On the day prior to your surgery:

Drink clear liquids only for breakfast, lunch and dinner. **NOTHING TO EAT OR DRINK AFTER MIDNIGHT (YOUR SURGERY MIGHT BE CANCELLED SHOULD THIS OCCUR)**

1:00 PM Take 4 Dulcolax tablets with a drink of clear liquids.

2:00 PM Mix the Miralax in a 64-ounce bottle of Gatorade or other clear liquid of your choice. Cap the bottle and shake the bottle to dissolve the powder. Most people prefer to drink the liquid chilled so you may want to place it in the refrigerator.

4:00 PM Start to drink the Miralax. Drink one glass every 10 to 15 minutes. Drink it quickly rather than sipping small amounts because it does not taste that good. Finish drinking the liquid in 2 hours. Be sure to drink all of the liquid.

Midnight Do not eat or drink anything after 12 midnight. You may gargle but do not swallow any liquid. Do not smoke after 12 midnight.

The morning of the surgery

- Do not eat or drink anything until your test is done. If you are to take your morning medicines, take with small sips of water only.
- Bring all medicines you usually take (in the original containers) to the hospital with you.
- If you are to take your morning medicines, take with small sips of water.
- **Talk to your doctor or nurse if you have any questions or concerns.**

For further information go to www.PaulSavocaMD.com