

FAIRFAX COLON & RECTAL SURGERY, P.C.

DONALD B. COLVIN, M.D., F.A.S.C.R.S.

PAUL E. SAVOCA, M.D., F.A.S.C.R.S.

LYNDA S. DOUGHERTY, M.D., F.A.S.C.R.S.

DANIEL P. OTCHY, M.D., F.A.S.C.R.S.

LAWRENCE E. STERN, M.D., F.A.S.C.R.S.

KIMBERLY A. MATZIE, M.D.

COLORECTAL/ANORECTAL SURGERY, COLONOSCOPY, ANORECTAL PHYSIOLOGY

MIRALAX PREP FOR COLON SURGERY

**PLEASE READ THE FOLLOWING INSTRUCTIONS
CAREFULLY AT LEAST TWO WEEKS BEFORE YOUR
PROCEDURE:**

Prescribed medications for heart disease, high blood pressure and asthma may be taken prior to your procedure. All other medications, including diabetic medications, should be brought along with you to be taken after your procedure.

DO NOT take aspirin or aspirin-type products such as Ibuprofen, Advil, Aleve, Nuprin, Motrin, Naprosyn, etc. for at least one week prior to procedure. You may take Tylenol. **DO NOT** take aspirin or aspirin-type products for 1 week after your surgery.

Please stop Plavix 10 days prior to your procedure, or Coumadin 4 days prior. Please consult the physician who prescribed the medication to make them aware.

Please advise the physician if you have a prosthetic heart valve or if you have a serious heart murmur. Also advise physician if you have had any cardiac procedures in the last year.

This packet contains the **Miralax** prep.

FAIRFAX COLON & RECTAL SURGERY, P.C.

DONALD B. COLVIN, M.D., F.A.S.C.R.S.

PAUL E. SAVOCA, M.D., F.A.S.C.R.S.

LYNDA S. DOUGHERTY, M.D., F.A.S.C.R.S.

DANIEL P. OTCHY, M.D., F.A.S.C.R.S.

LAWRENCE E. STERN, M.D., F.A.S.C.R.S.

KIMBERLY A. MATZIE, M.D.

COLORECTAL/ANORECTAL SURGERY, COLONOSCOPY, ANORECTAL PHYSIOLOGY

MIRALAX PREP FOR COLON SURGERY

All Patients – **Nothing** to eat or drink after midnight the night before the procedure.

At Least Two Days before the Procedure:

1. Purchase one bottle of Miralax, 238 grams. Generic name is polyethylene glycol 3350 (either one is acceptable). Miralax is available over the counter no prescription is needed.
2. Buy 4 over-the-counter Dulcolax laxative tablets (not suppositories), 64 ounces of Gatorade, Propel, or Crystal Lite and moist wipes

One Day before the Procedure:

1. Refrigerate your beverage (Gatorade, Propel, and or Crystal Lite)
2. Drink only clear liquids for breakfast, lunch, dinner and all snacks. Drinks at least eight to ten 8 fluid oz. glasses throughout the day.
3. At 3:00 p.m., take 2 Dulcolax tablets with 8 oz. of clear liquids.
4. At 6:00 p.m., mix the entire bottle (238g) of Miralax with the 64 oz. of Gatorade, Propel, or Crystal Lite in a pitcher. Make sure the powder is well dissolved. Drink one 8 oz. glass of the Miralax solution every 10-15 minutes until it is finished.*
5. At 8:00 p.m., take the last 2 Dulcolax tablets with 8 oz. of clear liquids.
6. Continue to drink as much clear liquids as possible until bedtime.

*You may begin this whole process earlier in the day to allow 30 minutes between each glass of the Miralax solution

The Morning of the Procedure:

Do not have anything to eat or drink upon arising in the morning. It is OK to take your blood pressure or heart medication with enough water to swallow the medications. **DO NOT** take diabetes medication **WITHOUT PRIOR INSTRUCTION** from your Primary Care Physician (your dosage may have to be adjusted).

2710 PROSPERITY AVE., SUITE 200, FAIRFAX, VIRGINIA 22031 • TEL: (703) 280-2841 • FAX: (703) 280-4773
1800 TOWN CENTER DRIVE, SUITE 311, RESTON, VIRGINIA 20190 • TEL: (703) 435-8018 • FAX: (703) 435-8021
3700 JOSEPH SIEWICK DRIVE, SUITE 208, FAIRFAX, VIRGINIA 22033 • TEL (703) 280-2841

www.fairfaxcolorectal.com

FAIRFAX COLON & RECTAL SURGERY, P.C.

DONALD B. COLVIN, M.D., F.A.S.C.R.S.

PAUL E. SAVOCA, M.D., F.A.S.C.R.S.

LYNDA S. DOUGHERTY, M.D., F.A.S.C.R.S.

DANIEL P. OTCHY, M.D., F.A.S.C.R.S.

LAWRENCE E. STERN, M.D., F.A.S.C.R.S.

KIMBERLY A. MATZIE, M.D.

COLORECTAL/ANORECTAL SURGERY, COLONOSCOPY, ANORECTAL PHYSIOLOGY

POST ABDOMINAL SURGERY INSTRUCTIONS

1. Soft diet for first week. Try eating six (6) small frequent meals rather than 3 big meals. Excessive sweets tend to make the stools more liquid. Add one new food at a time in small mounts. Drink plenty of fluids.
2. Fibers: Avoid raw vegetables and raw fruits for 1-2 weeks. Gradually increase the fiber in your diet, as this will thicken the stool. Lessen the doses of Metamucil, Konsyl or Citrucel if abdominal cramps or bloating occur.
3. Activity: Avoid activity which causes pain. Walking and climbing stairs OK. No lifting more than 20 lbs and no vigorous sports for 4-6 weeks or as directed.
4. Resume home medications except: Aspirin or NSAIDS unless otherwise directed by the Doctor.
5. No driving until seen in the office.
6. Possible problems
 - a) Wound problems: It is okay to shower and get the incision and staples wet. Some drainage from the incision is common; a light gauze pad over the incision can be helpful. If drainage is cloudy or associated with fever > 101 degrees, call the office.
 - b) Medication reactions: Reactions to medicines can occur. The most common symptoms are nausea, vomiting, or itching related to taking the medication. If this occurs stop the medication and contact the office.
Note: All Narcotics cause constipation
 - c) Urinary difficulties: Urinary tract infections occasionally occur following abdominal surgery. Pains with urination and/or blood in the urine are symptoms of infection. Bring these symptoms to the doctor's attention at your post-op visit.
 - d) Bowel obstructions: abdominal cramps, bloating, nausea, vomiting, and constipation. When these develop, call your physician for advice. If the symptoms are mild, you may restrict intake to liquids only and avoid solid food. If the symptoms are severe or if persist beyond 24 hrs, you must call your physician.

FAIRFAX COLON & RECTAL SURGERY, P.C.

DONALD B. COLVIN, M.D., F.A.S.C.R.S.

PAUL E. SAVOCA, M.D., F.A.S.C.R.S.

LYNDA S. DOUGHERTY, M.D., F.A.S.C.R.S.

DANIEL P. OTCHY, M.D., F.A.S.C.R.S.

LAWRENCE E. STERN, M.D., F.A.S.C.R.S.

KIMBERLY A. MATZIE, M.D.

COLORECTAL/ANORECTAL SURGERY, COLONOSCOPY, ANORECTAL PHYSIOLOGY

- e) Irritation around anus from severe diarrhea: Use Destin ointment or Skin protective paste. Avoid vigorous wiping after a bowel movement. Instead use a shower nozzle attachment to clean the area. A warm tub bath or sitz bath is also helpful. Pat gently dry afterwards. Baby wipes can be used instead of toilet paper.
 - f) Steroid withdrawal: If you had been on Prednisone for a long time previously for ulcerative colitis and have now stopped the medication, you are at risk for steroid withdrawal if the weaning is too quick, or if you are undergoing a stressful situation. The manifestations may be vague with feelings of being rundown, giddy, nausea or severe joint aches. If there is no improvement within 24 hours, call your physician.
 - g) Infection: Fever, shaking, chills, lower abdominal discomforts, difficulty in passing urine and sometimes drainage of pus from wound, call your physician.
7. Call the office on the day of your discharge to make follow up appointment in 1 to 2 weeks (as directed at time of discharge).

FAIRFAX COLON & RECTAL SURGERY, P.C.

DONALD B. COLVIN, M.D., F.A.S.C.R.S.

PAUL E. SAVOCA, M.D., F.A.S.C.R.S.

LYNDA S. DOUGHERTY, M.D., F.A.S.C.R.S.

DANIEL P. OTCHY, M.D., F.A.S.C.R.S.

LAWRENCE E. STERN, M.D., F.A.S.C.R.S.

KIMBERLY A. MATZIE, M.D.

COLORECTAL/ANORECTAL SURGERY, COLONOSCOPY, ANORECTAL PHYSIOLOGY

CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. **No red or purple** liquids should be consumed!

Food Group	Foods Allowed	Foods to avoid
Milk & Beverage <i>No red or purple liquids</i>	Tea and coffee (no creamer), carbonated beverages, fruit flavored drinks	Milk creamer, milk drinks
Meats & Meat Substitutes	None	All
Vegetables	None	All
Fruit & Fruit Juices	Strained fruit juices: apple, white grape, lemonade	Fruit juices with unstrained fruit
Grains & Starches	None	All
Soups	Clear broth, consommé	All others
Desserts	Clear flavored gelatin, popsicles <i>No red or purple flavors</i>	All others
Fats	None	All
Miscellaneous	Sugar, honey, syrup, clear hard candy, salt	All others

The following menu is only a suggestion

Breakfast	Lunch	Dinner
4 oz. White grape juice	4 oz. Apple juice	4 oz. Lemonade
6 oz. Clear broth	6 oz. Clear broth	6 oz. Clear broth
JELL-O*	JELL-O	JELL-O
Tea	Tea	Tea

2710 PROSPERITY AVE., SUITE 200, FAIRFAX, VIRGINIA 22031 • TEL: (703) 280-2841 • FAX: (703) 280-4773
1800 TOWN CENTER DRIVE, SUITE 311, RESTON, VIRGINIA 20190 • TEL: (703) 435-8018 • FAX: (703) 435-8021
3700 JOSEPH SIEWICK DRIVE, SUITE 208, FAIRFAX, VIRGINIA 22033 • TEL (703) 280-2841

www.fairfaxcolorectal.com