

MIRALAX BOWEL 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.



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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. Drink 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.
 - 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).

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