

# REGIONAL OBSTETRICS & GYNECOLOGY

## BOWEL PREP FOR SURGERY

### Preparation The Day Before The Surgery Bowel Prep Instructions

This allows the colon to be free of waste material.

You will be on a clear liquid diet the day before the surgery. Clear liquids include: broth, water, tea, coffee (no milk), jello (not red), soft drinks, popsicles and Gatorade. Do not eat any milk or ice cream products. **Do not** eat or drink anything after midnight before the surgery.

1. At 2:00 p.m. day before your surgery take four (4) Dulcolax tablets.
2. At 4:00 p.m. mix the 238 gram bottle of Miralax with 64 oz. of Gatorade. Shake the solution until Miralax is dissolved. Drink ½ the solution over the next 45 minutes. Put the remainder in the refrigerator.
3. At 7:00 p.m. drink the other ½ of Miralax and Gatorade solution.
4. May continue clear liquids up until 12:00 midnight.

**Nothing to eat or drink after midnight.**