

COLORECTAL SURGERY BOWEL PREP INSTRUCTIONS

Date of Procedure _____ @ approximately _____

Surgeon _____

ONE WEEK PRIOR TO SURGERY (starting _____)

- Stop taking anticoagulation or anti-platelet medications as instructed by your physician.
- Purchase (available over-the-counter):
 - MiraLAX 238 gm bottle
 - 64 oz (2 quarts) of a clear liquid, such as Gatorade/Powerade, Crystal Light, or juice (keep at room temperature)
 - 2 Dulcolax 5 mg tablets
 - Stock up on additional clear liquids (see attached list)
 - Optional: Vaseline, A&D ointment, or Desitin to prevent skin irritation around the anus when prepping
- Pick up prescriptions: Neomycin and Metronidazole
- Start a Low-residue diet today (see attached list).

ONE DAY PRIOR TO SURGERY (_____)

- Prepare the prep. Mix MiraLAX powder in 64 oz. clear liquid and shake until dissolved. Place in refrigerator.
- Clear liquid diet ONLY today.
- Diabetics: Do not take Metformin today.
- 1 pm: Neomycin 1 gm and Metronidazole 500 mg** with glass of clear liquid.
- 3 pm: Neomycin 1 gm and Metronidazole 500 mg** with glass of clear liquid.
- 4 pm: Take 2 Dulcolax tablets** with a glass of clear liquid.
- 6 pm: Drink 64 oz of the MiraLAX drink.**
 - 8 oz glass every 10-15 minutes until finished.
 - If you feel nauseated or bloated, wait 15-30 minutes for it to pass, and then resume.
- 10 pm: Neomycin 1 gm and Metronidazole 500 mg** with glass of clear liquid.
 - If you were prescribed a subcutaneous injectable blood thinner (i.e. Lovenox), administer at the instructed time: _____
 - Drink as much clear liquids as possible until bedtime.
- Nothing by mouth after midnight, except critical medications (take with a sip of water).**