

MIRALAX and ORAL ANTIBIOTIC PREP FOR COLON SURGERY

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

Patients should take their am dosage of the following medications with a sip of water:

- Beta Blockers and antiarrhythmics such as Digoxin or Calcium Channel Blockers.
- Asthmatic medications including inhalers, Theophylline, Singulair and/or steroids.
- GERD medication
- Statins such as Lipitor, Zocor, Crestor, etc.

The following are anesthesia guidelines however you should consult with your prescribing physician.

Oral Hypoglycemic Agents	Metformin/Glucofage/Actos/ Glyburide/Tolinase/Avandia/Amaryl/all others	Recommend holding am dose/day of surgery
Diuretics	Lasix/HCTZ/Spiroinolactone	Hold doses day of prep and day of surgery UNLESS prescribed for CHF- these patients should take their am dose.
ACE/ARB	Lisinopril/Lotrel/Catopril/Lotensin/Monopril /Prinzide/Atacand/Benicar/Diovan/Avalide	Hold dose day of surgery UNLESS prescribed for CHF- these patients should take their am dose.
Insulin	NPH/Regular	As per primary care physician's instructions
All Herbal Supplements		Stop all Herbal supplements at least 72hours prior to surgery surgeon

DO NOT take aspirin or **NSAID** 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 NSAID 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.

MIRALAX and ORAL ANTIBIOTIC PREP FOR COLON SURGERY-CONTINUED

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 64 ounces of Gatorade, Propel, or Crystal Lite and moist wipes.
3. Fill the antibiotic prescriptions given to you with these instructions
4. Buy a bottle of Hibiclens soap solution over the counter at a drug store.

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 of liquids throughout the day.
3. At 1:00 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 Miralax solution every 10-15 minutes until it is finished.*
4. At 4PM take two Neomycin (500mg) tablets and one Metronidazole (500mg) tablet with a glass of water.
5. At 5PM take two Neomycin (500mg) tablets and one Metronidazole (500mg) tablet with a glass of water.
6. At 10PM take two Neomycin (500mg) tablets and one Metronidazole (500mg) tablet with a glass of water.
7. Continue to drink as much clear liquids as possible until 4 hours prior to your surgery.
8. Shower with the Hibiclens soap the night before and the morning of your surgery.

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

You may take clear liquids only, like Gatorade, up until 4 hours before your surgery. 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.

Food Group	Foods Allowed	Foods to avoid
Milk & Beverage	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	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