



Bowel Preparation

You ARE required to take a bowel prep the day before surgery. For the prep, you will need to purchase the following items over-the-counter:

- One bottle of Miralax (238 gram bottle)
 - 64 oz. Of Gatorade (you may also use 64 oz of water as substitute)
 - OPTIONAL: you may take a stool softener, such as Dulcolax (available over-the-counter in addition to the bowel prep)
- Eat a light breakfast before 10 am
 - If taking a stool softener (for those with constipation or hard stools), take as directed at 10 am
 - Starting at 12pm: combine the entire bottle of Miralax with the entire 64 oz. of liquid. Mix well.
 - Drink 8 oz. every 15 minutes until the mixture is finished. If you feel yourself getting sick or nauseated, you may drink 8 oz. Every 30-45 minutes. Expect to experience frequent and watery bowel movements as you complete the prep
 - Once the prep is finished, you may only have liquids or the rest of the day. **NO SOLID FOOD FOR THE REMAINDER OF THE DAY.** There are no restrictions on liquids
 - Do not eat or drink after midnight