
Surgery Bowel Preparation Instructions (Miralax)

Patient Name: _____

Date of Procedure: _____

7 Days Prior to Your Surgery

You must be off Aspirin/NSAIDS and other blood thinners(Coumadin/Warfarin, Lovenox, Plavix, Xarelto, Eliquis) 7 days prior to the procedure. Tylenol is ok to take.

- Please purchase the following at your pharmacy (No prescription needed):
 - Miralax Powder 8.3 oz (238 g) bottle
 - Four Dulcolax laxative Tablets containing 5mg of bisacodyl each (NOT Dulcolax stool softener)
 - 64 oz bottle of Gatorade (NOT red). G2, Powerade or Powerade Zero acceptable also acceptable.

1 Day Prior to Your Surgery

Have a *light* breakfast (one boiled or poached egg; white toast-no butter, plain bagel). Do not eat vegetables, fruits, nuts, seeds, butter, milk, cheese, beef, pork, lamb, or whole grain cereals.

Clear liquid diet after breakfast. No solid food until after surgery..

- You may drink clear liquids such as apple juice, cranberry juice, Gatorade, clear broth, tea, coffee, soda, popsicles, and Jello-O (avoid any red or green Jell-O due to artificial dyes)
- Do not have any milk products, citrus juice, or solid food
- Make sure to drink plenty of water throughout the day
- *Diabetics:* Take only half of your diabetes medication the day prior to your procedure

Step 1: 12 PM NOON (Day prior to procedure/surgery)

- Take four Dulcolax tablets
- Mix 64 oz of Gatorade with 8.3 oz of Miralax and place in refrigerator (do not add ice)

Step 2: 4 PM (Day prior to procedure/surgery)

- Drink an 8oz glass of the Gatorade/Miralax mixture every 10-15 min until gone

Remember:

- You may take your regular medications at your regular time with a tiny sip of water except blood thinners or aspirin
- Vaseline or Desitin are good skin protectants to be applied prior to starting prep

Day of Surgery:

- *No solid food on the day of surgery. Clear liquids only as above.*
- **6 hours prior to procedure/surgery:** *Stop drinking clear liquids, including water. Nothing by mouth.*

Arrive at: _____

Check-in Time: _____

*Please be advised that your check in time is tentative. You will be called the business day prior to your procedure to confirm the time. You **must have someone drive you home** with any outpatient/same-day procedure due to the medications given. Uber/Lyft/Taxi are NOT acceptable.*



BLOOD THINNERS

Prescription Products	Non-Prescription Products
<p><u>Anticoagulants</u></p> <ul style="list-style-type: none"> • Arixtra • Coumadin • Eliquis • Lovenox • Pradaxa • Warfarin • Xarelto 	<p><u>Containing Ibuprofen</u></p> <ul style="list-style-type: none"> • Advil • Bayer • Ibuprofen • Midol • Motrin
<p><u>Containing Aspirin or Aspirin Like Products</u></p> <ul style="list-style-type: none"> • Aggrastat • Aggrenox • Agrylin • Brilinta • Celebrex • Darvon • Dipyridamole • Effient • Fiorinal Caps/Tabs • Fiorinal w/ Codein Caps/Tabs • Indocin • Lortab ASA Tablets • Percodan • Plavix • Pletal • Robaxisal Tablets • Soma • Talwin • Ticlid • Trilisate Tabs/Liq • Vioxx 	<p><u>Containing Aspirin or Asprin-Like Products</u></p> <ul style="list-style-type: none"> • Anacin • Arthritis Pian Formula Tablets • Bayer • Bufferin • Ecotrin • Excedrin • Midol • Mobigesic • Trigesic
<p><u>Containing Ibuprofen:</u></p> <ul style="list-style-type: none"> • Children's Advil • Children's Motrin • Motrin 	
<p><u>Containing Naproxen Sodium</u></p> <ul style="list-style-type: none"> • Anaprox • Naproxen 	