

Bowel Prep for Colon Surgery

Prepare your MiraLAX (Polyethylene glycol 3350) bowel preparation

On the morning of the day before your procedure, mix all 238 grams of the MiraLAX powder with 64 ounces of a room temperature clear liquid until the MiraLAX powder dissolves.

Once the MiraLAX is dissolved, you can put the mixture in the refrigerator. Many people find it tastes better when it's chilled.

Don't mix the MiraLAX earlier than the morning of the day before your procedure.

Follow a clear liquid diet

You will need to follow a clear liquid diet the day before your procedure. Examples of clear liquids are listed in the table in this section.

- Don't eat any solid foods.
- Don't drink anything red, purple, or orange.
- Make sure to drink plenty of liquids other than just water, coffee, and tea. This helps to make sure that you get enough calories and is an important part of your preparation. Try to drink at least 1 (8-ounce) glass of liquid every hour while you're awake.
- If you have diabetes, you should drink only sugar-free clear liquids and check your blood sugar level often. If you have any questions, talk with your healthcare provider.

	Drink	Do Not Drink
Soups	• Clear broth, bouillon, or consommé	• Any products with particles of dried food or seasoning
Sweets	• Gelatin, such as Jell-O® • Flavored ices • Hard candies, such as Life Savers®	• Anything red, purple, or orange

Drinks	• Clear fruit juices, such as apple, white cranberry, lemonade, or white grape • Soda, such as 7-Up®, Sprite®, ginger ale, or seltzer • Gatorade® • Black coffee • Tea • Water	• Juices with pulp • Nectars • Milk or cream • Alcoholic beverages • Anything red, purple, or orange
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Note the time of your procedure

A staff member from the hospital will call you the day before your procedure. The staff member will tell you what time you should arrive for your procedure. If you're scheduled for your procedure on a Monday, you will be called on the Friday before. If you don't receive a call, call Advanced Surgical Associates at (218)461-6240.

If you need to cancel your procedure, call Advanced Surgical Associates at (218)461-6240.

Start your bowel preparation

Step 1: At 1:00 PM on the day before your procedure, take 2 Dulcolax 5mg (Bisacodyl) tablets by mouth with a glass of water.

Step 2: At 1:15 PM, start drinking the MiraLAX mixture.

1. At 1:15 PM, drink 1 (8-ounce) glass of the mixture.
2. At 1:30 PM, drink 1 (8-ounce) glass of the mixture.
3. At 1:45 PM, drink 1 (8-ounce) glass of the mixture.
4. At 2:00 PM, drink 1 (8-ounce) glass of the mixture.

You will drink 4 glasses of the mixture in total.

- When you're finished, half of the MiraLAX mixture will be left. Save the rest of it in the refrigerator for the second half of your preparation.
- Bowel movements usually begin within 1 hour of drinking the first dose, but it may take longer for some people.
 - Don't worry if you don't start having bowel movements after drinking the first half of the MiraLAX. Continue to drink liquids and start the second half of the MiraLAX as instructed.
- Put petroleum jelly (Vaseline®) or A & D® ointment on the skin around your anus after every bowel movement. This helps prevent irritation.
- Continue to drink clear liquids to stay hydrated and flush out your colon.

Step 3:

At **8:00 PM**, take 2 Doucalax 5mg (Bisacodyl) tablets by mouth with a glass of water. Then, start drinking the second half of the MiraLAX mixture.

1. At **8:15 PM**, drink 1 (8-ounce) glass of the mixture.
2. At **8:30 PM**, drink 1 (8-ounce) glass of the mixture.
3. At **8:45 PM**, drink 1 (8-ounce) glass of the mixture.
4. At **9:00 PM**, drink 1 (8-ounce) glass of the mixture.

Be sure to finish the entire MiraLAX mixture.

- You can continue to drink clear liquids until 3:00 AM on the date of your surgery.
- Don't eat anything until after your procedure.

Antibiotics to take the day before your surgery:

- 2 tablets of Neomycin 500mg taken at 2pm, 3pm and 10pm
- 1 tablet Flagyl 500mg (Metronidazole) taken at 2pm, 3pm and 10pm