

Colectomy Prep

Miralax Prep

- ✓ Take this prep as instructed.
- ✓ Remember to drink plenty of fluids.
- ✓ Read and follow all the instructions given.

PREPARATION

*If you are taking any ***blood thinners***, please contact the physician who ordered the medication for instructions.

Remember to have clear liquids the entire day before the procedure.

- This prep often works within 30 minutes but may take as long as 3 hours. You will want to remain close to a restroom as multiple bowel movements may occur.

The Clear Liquid Diet:

- ❖ **Start the clear liquid diet as soon as you wake up the day before your procedure!**
- ❖ Clear liquids are any liquid food/beverage you can **see through**.
*This includes fruit juices (apple, white grape, white cranberry, etc.), Sprite, 7-up, Ginger Ale, Jell-O, clear broth or bouillon, tea, black coffee, popsicles, and various sports drinks.
- ❖ **Do not** have any dairy products. This includes creams and cheeses.
- ❖ **Do not** have any items with **RED DYE!!!** (Red Jell-O, fruit punch, cranberry juice, etc.)

Sample Clear Liquid Diet:

- **Breakfast:** One glass of clear juice, one cup of tea or coffee (black), a cup of Jell-O.
- **Mid-Morning Snack:** Sport drink (Gatorade - orange, lemon-lime, watermelon).
- **Lunch:** Bowl of clear broth, cup of Jell-O, glass of Ginger Ale or Sprite.
- **Dinner:** One glass of clear juice, one bowl of clear bouillon, tea or coffee (black), cup of Jell-O.

If you have any questions about these instructions,
please call our office at [302-892-9900](tel:302-892-9900).

Purchase at the Pharmacy/Grocery Store:

(All available over the counter)

- One (1) box of Dulcolax (bisacodyl) tablets (box of 4 tablets)
- Miralax 8.2 oz. (238g)
- Fleet Enema
- One (1) 64 oz. and One (1) 32oz. bottle of Gatorade (NO RED COLORS).
If you do not like Gatorade, you may use water, Crystal Lite, etc.
- Pick up any prescribed Preoperative Antibiotics at the pharmacy

The Prep:

Be sure to take **Preoperative Antibiotics** as instructed on the bottle the day before your scheduled procedure.

The day before your procedure:

1:00 pm- Mix **Miralax 8.3 oz. with a 64oz bottle of Gatorade** and chill the mixture. **Take the 1st dose of Antibiotics (2 tabs of Flagyl and 2 tabs of Neomycin).**

2:00 pm- **Take the 2nd dose of Antibiotics (2 tabs of Flagyl and 2 tabs of Neomycin).**

3:00 pm- Take **2 Dulcolax tablets** followed by **3-4 glasses of clear liquid.**

5:00 pm- Slowly **Drink the chilled Gatorade and Miralax mixture.** Drink 1 glass every 15 minutes until you have finished all the mixture.

8:00 pm- **Take the 3rd dose of Antibiotics (2 tabs of Flagyl and 2 tabs of Neomycin).** Take the other **2 Dulcolax tablets** followed by 3-4 glasses of clear liquid prior to midnight.

REMINDER: DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT

****Report Time will be given by the facility a day prior to the procedure****

***Remember:** Abdominal bloating and cramping, as well as nausea and vomiting, may occur. This is usually temporary, and the symptoms should resolve as you start to move your bowels.

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