

## **Pre-Surgery Instructions: Miralax/Dulcolax Bowel Prep**

Purchase the following items from the pharmacy or grocery store (store brands may cost less; ask the pharmacist to help you find what you need if necessary).

- GATORADE (64 ounces or two 32 ounce bottles). Use Crystal Light if you are a diabetic or other clear liquid of choice.
- DULCOLAX 5 mg (4 tablets)
- MIRALAX bottle 238 grams (over the counter only)
- Baby wipes (optional)

### **On the day before your surgery: Clear liquids only – absolutely no solid food**

- Examples of clear liquids: Water, clear fruit juices such as apple or white grape, chicken or beef broth, Jello, clear Gatorade, popsicles, clear soft drinks, coffee without cream or sugar. **NO MILK OR MILK PRODUCTS. NO ORANGE JUICE.**
- Begin the bowel prep with the DULCOLAX tablets and then the MIRALAX on the schedule below. Plan ahead so you will have a bathroom nearby; you may need to go to the toilet right away. You will have several bowel movements once you begin the preparation. They will become very watery. During the process, using baby wipes may ease some of your discomfort. The bowels are “clear” or clean when there is only pale yellow fluid without flecks of stool.
  - 3:00 p.m. Take 2 DULCOLAX tablets with a drink of clear liquid. Mix the entire bottle of MIRALAX into the 64 ounces of GATORADE (or put half the MIRALAX bottle in each 32 ounce bottle). Shake the solution until fully dissolved. Most people prefer to drink the liquid chilled so you may want to place it in the refrigerator.
  - 5:00 p.m. Drink an 8 ounce glass of the GATORADE/MIRALAX preparation every 15 to 30 minutes until the solution is gone. Drink the liquid rather than sipping small amounts.
  - 7:00 p.m. Take the last 2 DULCOLAX tablets with a drink of clear liquid.
  - 12:00 a.m. Do not eat or drink anything after midnight.

**REMEMBER:** The preparation is very important. A clean bowel allows for the best evaluation of your pelvis during surgery.

**If you have any questions please call our office at (413) 794-8484.**