BOWEL PREPARATION FOR COLECTOMY

Preparation: MiraLAX/Gatorade

Purchase at the pharmacy (no prescription is needed).

- MiraLAX 225 g or 238 g bottle
- Dulcolax: 4 tablets
- Gatorade: 64 ounce bottle
- Plain or aloe baby wipes

General instructions:

- Do not take aspirin or aspirin like products for 1 week prior to your procedure. Tylenol is allowable.
- Do not take iron containing compounds, vitamin E, or fish oil for 1 week prior to your procedure.
- If you take any blood thinning products (Coumadin, Plavix, Pletal, etc.), please bring this to the attention of the office prior to your procedure.
- Please inform the office if you have a prosthetic heart valve, history of endocarditis, vascular graft implantation, or prostatic joints.
- Please contact the office as soon as possible if you need to reschedule your procedure for any reason.

The day prior to the procedure:

- You may have a light breakfast. After breakfast, drink only clear liquids for the entire day before your procedure. Solid food, milk, or milk products are not allowed.
- **Clear liquids includes**: Strained juices without pulp, water, clear broth bullion, black coffee or black tea.
- You may have Gatorade, Snapple, carbonated and noncarbonated soft drinks, Kool-Aid or other fruit flavored drinks. Playing Jell-O without added fruit or toppings, or popsicles.
- At 1 PM, take 4 Dulcolax tablets.
- At 3 PM, mixed the bottle of MiraLAX in 64 ounces of Gatorade or Crystal light. Shake the solution until the MiraLAX is dissolved. Drink 8 ounces every 10-15 minutes until the entire solution is gone.
- Continue clear liquids up until bedtime. Please do not consume any beverages after midnight.

The day of the procedure:

Do not eat or drink anything the day of your procedure. If you take medication in the morning, you may take your medications with a small amount of water. You may pressure teeth. Please bring a list of medications and list of any allergies with you to the hospital.

If you have any questions regarding this prep or, for any reason, you need to reschedule your appointment, please do not hesitate to give the office a call at (781) 762-2600.