



## 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.***