



## **COLON SURGERY PREPARATION with MIRALAX**

You are scheduled to have colon surgery, which requires a thorough cleansing of the colon prior to the procedure. We realize this cleanout is difficult, but studies show a decrease in infection rates and faster recovery for patients who complete the preparation. Do the best you are able to do.

Included are prescriptions for Miralax, two antibiotics, and a nausea pill. You will need to pick up your prescriptions at least two days prior to your surgery. Also purchase 64oz of Gatorade and 3 bisacodyl (dulcolax) tablets (available without prescription). The process will require that you follow the instructions listed carefully. If you have any problems or questions, please call our office at (602) 995-0822.

- Begin a CLEAR LIQUID DIET ONLY STARTING THE DAY BEFORE YOUR PROCEDURE – For breakfast, lunch and dinner you may drink only clear liquids: Gatorade, tea, black coffee, apple juice, white grape juice, clear pop, clear broth, popsicles, plain jello and water. NO SOLID FOODS SHOULD BE CONSUMED DURING YOUR PREPARATION.
- It is important that you drink extra fluids while on your liquid diet. Try to drink at least 8 ounces of liquid every hour.
- At 10am take the first of three doses of your antibiotics neomycin and metronidazole
- At 2pm take 3 Dulcolax tablets
- At 3pm take the second of three doses of your antibiotics neomycin and metronidazole
- At 5pm mix the Miralax 238 grams in 64oz of Gatorade or an equivalent electrolyte containing solution. Shake well until completely dissolved. Drink 8oz every 15 minutes until the entire amount is consumed.
- At 7pm take the third of three doses of your antibiotics neomycin and metronidazole
- Continue to drink liquids up until bedtime or 8 hours prior to your colonoscopy. This helps you to avoid dehydration.
- Stop eating and drinking any liquids 8 hours prior to you appointment time.

The bowel preparation will cause you to have diarrhea. It is common to have some stomach upset. If too severe or if you vomit, take a break from the preparation for 1-2 hours, then resume as able. A prescription for a nausea medication is included.

**DO NOT SKIP IMPORTANT MEDICATIONS!** If you normally take your medications in the morning, do so with a small sip of water.

**DO NOT TAKE ASPIRIN, FISH OIL, VITAMIN E, PLAVIX, PRADAXA, OR OTHER BLOOD THINNERS FOR 7 DAYS BEFORE YOUR SURGERY, OR AS INSTRUCTED BY YOUR SURGEON. STOP COUMADIN 5 DAYS PRIOR TO YOUR SURGERY.**

If you have any questions or concerns you may call the office at (602) 995-0822. After hours, the office message will refer you to the on-call doctor.