

Preparation Instructions for Bowel Surgery

Below are some simple instructions to help you prepare for your surgery.

Colonoscopy Prep Instructions can be viewed online at the following web address: <http://www.cpggh.org/video>



You will need to purchase/pick up:

- 1) MiraLAX, 238gm (8.3oz) bottle
- 2) Dulcolax oral laxative, 4 tablets (5mg each tablet)
- 3) 56oz Gatorade - DO NOT USE RED (lemon-lime best) plus 8oz water=64oz
- 4) Neomycin (3 grams) and Metronidazole (1500 mg) prescriptions from your pharmacy

2 Days Prior to Procedure:

- Drink at least eight large glasses of water throughout the day. Try to avoid fibrous foods such as vegetables and fruits. **No solid foods after midnight.**

1 Day Prior to Procedure:

Begin clear liquid diet - Includes water, broth, coffee/tea (no milk/creamer) Gatorade, juices, soft drinks are okay. Avoid red colored fluids. Drink eight large glasses of water throughout the day.

- **12pm** - Take the 4 Dulcolax tablets with 8oz water. Thoroughly mix entire bottle of Miralax with 56oz of Gatorade +8oz water or Crystal Light to equal 64 oz and refrigerate.
- **1pm** Take two neomycin tablets (1gm total) and one metronidazole tablet (500mg total).
- **2pm** Take two neomycin tablets (1gm total) and one metronidazole tablet(500mg total).
- **3-5pm** Drink 8oz of solution every 15 minutes until solution is 2/ 3 finished, 42 oz.
- **Bedtime:** Take two neomycin tablets (1gm total) and one metronidazole tablet(500mg total).

Expect to experience frequent loose or watery stools for the next several hours. If you experience nausea or vomiting, take a 15 to 30 minute break, and then continue drinking prep solution.

Day of Procedure:

- 4 hours before your procedure, drink the remaining 1/3 (22 oz) of Gatorade mix. You may drink clear liquids up to four hours before your scheduled arrival time. You may take your essential morning medications with a sip of water unless otherwise directed by your physician.
- Remember, the pre-admit nurse will call you before 5pm the day before your procedure to inform you of your arrival time.