

## **MiraLAX Gatorade Bowel Prep for Colorectal Surgery**

**Cleaning out the colon before surgery with laxatives and oral antibiotics can reduce the risk of infection after surgery. Along with good nutrition, blood sugar control in diabetics, and smoking cessation, it is an important part of preparing for colon or rectal surgery.**

***PLEASE READ ALL INSTRUCTIONS AT LEAST ONE WEEK PRIOR TO PROCEDURE.***

### **Purchase bowel preparation supplies:**

1. Two (2) Dulcolax (bisacodyl) 5 mg tablets
2. One (1) 8.3 ounce bottle of MiraLAX
3. One (1) 64 ounce bottle of Gatorade
4. Six (6) neomycin 500 mg tablets and three (3) metronidazole 500 mg tablets (you will receive a prescription for these).
5. Clear liquids to drink the day before your procedure. Clear liquids are anything you can see through, like apple or white grape use or other juices without pulp, Gatorade or other sports drinks, ginger ale, sodas, water, broth, popsicles, honey and hard candies without filling.
6. Skin protectant such a Desitin or A&D ointment

You may want to refrigerate the Gatorade if you wish to drink it cold. You do not need a prescription for the MiraLAX or Dulcolax.

***\*Please purchase only Gatorade and no other types of electrolyte supplemental drinks (e.g., Powerade). If you are diabetic, you may purchase G2 low calorie Gatorade.***

### **3 days before procedure:**

Avoid high fiber foods including nuts, seeds, multigrain breads, crunchy raw vegetables, corn and popcorn and fruits with peels.

### **One day before surgery:**

1. Start a clear liquid only diet at 6 am on the day before your surgery. Clear liquids would include apple or white grape use or other juices without pulp, Gatorade or other sports drinks, ginger ale, sodas, water, broth, popsicles, honey and hard candies without filling.

2. Do not eat any solid food, thick liquids, milk or other dairy products, or alcohol.
3. In addition to your bowel prep, drink at least one (1) gallon of clear liquids on the day prior to your procedure. Drink one to two 8 ounce glass of clear liquid every hour. The more clear liquids that you drink, the better the laxatives will work. If you take diuretics, you will need to drink additional clear liquids throughout the day.
4. You will want to be near a restroom once you start your laxative. Applying Desitin cream or A&D ointment to the skin around the anus can help prevent skin breakdown and irritation.
5. At 1 pm on the day before surgery, take neomycin 1000 mg (2 tablets) and metronidazole 500 mg (1 tablet).
6. At 2 pm on the day before surgery, take the second dose of antibiotics, neomycin 1000 mg (2 tablets) and metronidazole 500 mg (1 tablet).
7. At 3 pm on the day before the procedure, take 2 delayed release Dulcolax tablets
8. At 5 pm, pour out about 8 ounces of the Gatorade to allow room for the MiraLAX powder. Pour the 8.3 ounce bottle of MiraLax into the Gatorade bottle and mix together. Drink one 8 ounce glass of the solution every 15 minutes until the bottle is empty.
9. At 10 pm on the day before surgery, take the third dose of antibiotics, neomycin 1000 mg (2 tablets) and metronidazole 500 mg (1 tablet). Take this with a clear liquid containing carbohydrates like Gatorade or white grape juice.
10. Do not eat any solid foods after your bowel prep. It is ok to take your medications with a sip of water or juice.

\*If you experience nausea or vomiting, take a 15-30 minute break and then continue drinking the prep. The prep will often start to work within 30 minutes, but may take a few hours to take effect.

**Day of procedure:**

1. Three (3) hours before your surgery, drink another 8 ounce carbohydrate drink, such as Gatorade, apple juice or white grape juice. **DO NOT EAT OR DRINK ANYTHING OTHER THAN CLEAR LIQUIDS THE DAY OF SURGERY.**
2. **PLEASE DO NOT EAT OR DRINK ANYTHING WITHIN 2 HOURS OF YOUR SURGERY. THIS WILL CAUSE YOUR SURGERY TO BE DELAYED OR CANCELLED.**