

Colon and Rectal Surgery

Bowel Preparation for Surgery of the Colon and Rectum

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Purchase at the pharmacy:

- One (1) 238gm bottle of Miralax
- One (1) small box of Dulcolax Tablets (*purchase the laxative not the stool softener*)
- 64 ounces of Gatorade (not red or purple)
- Fill prescription for Vibramycin 100mg

Drug and Food Avoidance – Please refrain from taking the following medications:

14 days prior to surgery:

- Do not eat anything containing nuts, seeds, or popped corn

10 days prior to surgery:

- NO aspirin or baby aspirin
- NO arthritis drugs
- NO non-steroidal anti-inflammatory drugs (Advil, Motrin, Aleve, Naproxen)
- NO iron supplements
- NO herbal products
- NO fish oil
- NO vitamin E

5 days prior to surgery:

- Discontinue use of blood thinners – Plavix, Coumadin, etc.

****After you have cleared this with your cardiologist!****

Preparation of the bowel is important and the instructions must be carefully followed.

The day before surgery:

- **8:00 am:** Have a light breakfast. Take Vibramycin 100mg by mouth. Dilute the bottle of Miralax in the bottle of Gatorade and refrigerate.
- Throughout the morning, drink clear liquids to keep your body hydrated.
- **12:00 pm:** Take four (4) Dulcolax tablets (5 mg each) with water. Begin clear liquid diet (no solid food). Do not consume liquids that are red or purple in color. Do not consume milk products or juices with pulp. Clear liquids include: water, black coffee, tea, apple juice, white grape juice, lemonade, sports drinks (Gatorade, PowerAde, etc.), clear beef, chicken or vegetable broth, Jell-O, popsicles, frozen sorbet or Italian ice. Alcoholic beverages are not permitted.
- **Remain close to bathroom facilities.**
- Throughout the afternoon, drink clear liquids to keep your body hydrated.
- **4:00 pm:** After bowel movement, or if no movement occurs by 4pm, begin to drink one (1) 8 oz glass of the Miralax/Gatorade mixture every 15 minutes until finished.
- **Be sure to drink ALL of the solution.**
- If you have severe discomfort or distention, stop drinking the solution for a bit or wait longer between glasses until the discomfort goes away.
- It will take approximately 1.5 hours to finish the solution. Diarrhea will continue for about 1 hour after you finish drinking the solution. Remain close to bathroom facilities.



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- **6:00 pm:** For dinner, drink as much clear liquid as you like.
- **8:00 pm:** Take Vibramycin 100 mg by mouth.
- **Midnight:** Nothing by mouth after midnight or your procedure will be cancelled.

On the day of surgery:

- If you normally take prescribed oral cardiac medication including anti-hypertensive medication in the morning, then it is recommended to take medication with a small sip of water.