

Colon and Rectal Surgery

Bowel Preparation for Surgery of the Colon and Rectum

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Purchase over the counter:

- 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/purple/blue). If you need a low sugar substitute, use Gatorade G2 brand

The office will send the antibiotics required for surgery to your pharmacy. These will be sent 1 to 2 weeks prior to surgery. The antibiotics should be taken with your bowel prep ONLY the day before your scheduled surgery. Instructions are below.

Pick up prescription for bowel prep at the pharmacy:

- Neomycin (500mg) and Flagyl (500mg) *see instructions below*

Or

- If prescribed Doxycycline (100mg) take one tablet at 2pm and 9pm and disregard other antibiotics instructions

Step 1:

Follow a clear liquid diet the entire day prior to your surgery.

- You should start this diet the day before your scheduled surgery.
- Do not eat ANY solid foods or liquids that are not clear (please see examples on the last page).
- Do not drink anything red, purple, or blue.
- If you have diabetes, you should drink sugar-free clear liquids and check your blood sugar level often. If you have any questions, contact your endocrinologist or physician managing your diabetes.

TIP: Make sure to drink plenty of liquids in addition to the bowel prep. Try to drink at least one 8-ounce glass of clear liquid every hour while you are awake. This will keep you hydrated and give you calories.

Step 2:

Mix the entire bottle of Miralax powder (238 grams) with 8 glasses (64 oz) of a room temperature clear liquid such as Gatorade or apple juice until the Miralax powder is dissolved.

TIP: Put mixture in refrigerator. If you need a low-sugar substitute, use Gatorade G2 brand.

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Step 3: Start Bowel Prep at 2pm

2PM: Take pills by mouth with a glass of water and begin drinking Miralax mixture:

- 4 Dulcolax tablets
- 2 Neomycin tablets
- 1 Flagyl (Metronidazole) tablet

Start drinking Miralax mixture:

Drink one glass every 10 to 15 minutes until you drink it all. This should take about 2 hours.
Drink it quickly rather than sipping small amounts because it does not taste good.

5PM: Take the following pills with a glass of water:

- 2 Neomycin tablets
- 1 Flagyl (Metronidazole) tablet

9PM: Take the following pills with a glass of water:

- 2 Neomycin tablets
- 1 Flagyl (Metronidazole) tablet

Frequently Asked Questions

Are you nauseated or vomiting from the prep?

Stop drinking the prep for 20 minutes, when you restart, drink it more slowly

Is your bottom sore from the loose stools?

Apply Vaseline or A&D ointment to the skin around your anus after every bowel movement. This helps prevent irritation.

How do I know if the prep worked?

The bowels are clean when there is only clear green or yellow fluid without pieces of stool.

What if I am on a blood thinner?

Speak with the prescribing Doctor before stopping a blood thinner.

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Clear Liquid Guidelines

OK: Soups

Clear broth, bouillon, or consommé

NOT OK:

No soup with particles of food or cream soups

OK: Sweets

Gelatin, such as Jell-O, flavored ices, hard candies such as Life Savors

NOT OK:

No red, purple or blue

OK: Drinks

Clear fruit juices, such as apple, white cranberry, lemonade, or white grape

Crystal Light

Soda: Ginger Ale or Seltzer

Gatorade/Powerade

Black Coffee

Tea

Water

NOT OK:

No juices with pulp

No nectars