Bowel Prep

Purchase: (4) Dulcolax® Laxative Tablets
(1) 64 oz bottle of Gatorade (any flavor but red, orange, or purple)
(1) 238 gm bottle of Miralax

The Day Before Surgery
• It is important that you follow the CLEAR LIQUID DIET the ENTIRE day before your surgery
• NOTHING RED, ORANGE OR PURPLE in color
• NO milk or milk products
• NO alcohol products

CLEAR LIQUID DIET:
• Apple, white grape, or white cranberry juice
• Chicken, beef, or vegetable broth
• Lemon, lime, or banana popsicles ONLY
• Lemon, lime, or pineapple jello ONLY
• Powdered drink mix (any flavor except red, orange, or purple)
• Water, coffee, or tea (NO cream or milk is allowed)
• 7UP®, Sprite®, or ginger-ale (regular or diet)

Starting at noon (this can be started later in the day if you are working)
• Take four (4) Dulcolax® tablets with 8 ounces of clear liquid
• Mix the MiraLax® bottle with the 64 ounces of Gatorade.
  • You may want to use a large container for easier mixing. Place in the refrigerator to chill for later use.

Starting at 2 p.m. (this can be started later in the day if you are working)
• Drink 8 ounces of MiraLax®/Gatorade mixture every 30-40 minutes until you have consumed the ENTIRE mixture.
• Drink 3 or more 8 ounce glasses of clear liquids throughout the evening.
• NOTHING TO EAT OR DRINK AFTER MIDNIGHT
• NO GUM, MINTS, CANDY, TIC TACS, OR WATER

You will receive a phone call after 1 p.m. the day before your procedure for your arrival time. If you are scheduled for a procedure on a Monday, they will call you the Friday before the procedure.

24 Hour Nurse Line
Our registered nurses (RN) take calls 24 hours a day, 7 days a week. With special training, our team can help talk through your concerns, review your symptoms, and point you in the right direction of care. Call (844) 474-6522 anytime you need.