

MARIETTA MEMORIAL HOSPITAL
DEPARTMENT OF BARIATRIC AND GENERAL SURGERY

PROVIDERS

Emmanuel Agaba MD, FRCSED, FACS

LOCATION

Marietta Memorial Hospital
400 Matthew Street, Suite 200
Marietta, Ohio

PHONE NUMBER

(740) 434-0565

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.



**MEMORIAL
HEALTH SYSTEM**

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