

MARIETTA MEMORIAL HOSPITAL  
**DEPARTMENT OF GENERAL SURGERY**

**PROVIDER**

Tuan Nguyen, MD

**LOCATION**

Marietta Memorial Hospital  
400 Matthew Street, Suite 401  
Marietta, Ohio

**PHONE NUMBER**

(740) 374-2252

**MiraLAX® Bowel Prep**

**Purchase:**

- (4) Dulcolax Laxative Tablets
- (1) 64 oz bottle of Gatorade
- (1) 238 gm (8.3 oz) bottle of Miralax

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**The Day Before Surgery**

- It is important that you follow the CLEAR LIQUID DIET the ENTIRE day before your surgery
- NO milk or milk products
- NO alcohol products

**CLEAR LIQUID DIET:**

- Chicken, beef, or vegetable broth
- Lemon, lime, or pineapple jello ONLY
- Lemon, lime, or banana popsicles ONLY
- Water, coffee, or tea (NO cream or milk is allowed)
- 7UP®, Sprite®, or ginger-ale (regular or diet)
- Apple, white grape, or white cranberry juice

If diabetic, use sugar free products.

Starting at 9 a.m.

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 11 a.m.

- Drink 8 ounces of MiraLax®/Gatorade mixture every 30 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

Day of procedure

- You may take necessary medications with a sip of water
- You are required to have someone drive you home

**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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