



# COLECTOMY BOWEL PREP FOR COLON SURGERY

## *MiraLAX/Gatorade Prep*

### **1 Day Prior to Procedure**

- Start breakfast with a clear liquid diet, and continue for the entire day.
- Mix the 8.3 ounce bottle of MiraLAX with 64 ounces of Gatorade or other approved liquid. Shake the solution until the MiraLax is dissolved. Refrigerate to chill.
- 1:00 p.m.—take 4 Dulcolax tablets. Continue drinking clear liquids.
- 2:00 p.m.—take (1) Oral Neomycin and (1) Erythromycin or Metronidazole.
- 3:00 p.m.—take (1) Oral Neomycin and (1) Erythromycin or Metronidazole.
- 4:00 p.m.—Start drinking the MiraLax/Gatorade solution. Drink 32 ounces of the solution over the next 90 minutes. If you become nauseated, you may slow down the drinking. *This is a bowel cleansing prep, and it will cause you to have diarrhea.*
- 10:00 p.m.—take (1) Oral Neomycin and (1) Erythromycin or Metronidazole. Drink the remaining 32 ounces of the solution over the next 90 minutes.
- Continue your clear liquid diet until 2 hours before your scheduled arrival to the hospital. For example, if you are scheduled to arrive at the hospital at 8:00 a.m., you would stop intake at 6:00 a.m.

### **Day of Procedure**

1. If you are unable to complete your prep, or if your stool is not liquid, yellow to clear, and free of solid pieces, the doctor may cancel, reschedule or postpone your procedure.
2. Take usual morning blood pressure medications with a small sip of water at least two hours before arrival time.
3. Stop blood thinner as directed by physician. No fish oil or garlic pills.
4. Diabetic patients should check blood sugar, but hold morning insulin and diabetic medication.
5. Arrive at specified time given by the pre-op nurse.
6. Your physician will most likely admit you to our Med/Surg Department. However, if you are discharged after surgery, you may not drive. You must be driven home by a responsible adult, who is age 18 or older..

### **You will need:**

- (3) 1g Oral Neomycin (prescription)
- (3) 1g Erythromycin (prescription) or (3) 500 mg Metronidazole (prescription)
- (1) 8.3 ounce bottle of MiraLax
- (4) Dulcolax tablets (laxatives, not stool softeners)
- 64 ounces of Gatorade, instant lemonade, crystal light, or

# COLONOSCOPY/COLECTOMY PRE-PROCEDURE INSTRUCTIONS

## *Clear Liquid Diet*

*Clear liquid are anything you hold up to the window or light and you can see through it.*

- Water, plain, carbonated or flavored
- Fruit juices without pulp such as apple, white cranberry, peach juice, white grape juice (no red, purple or orange dye)
- Fruit flavored drink mixes, such as Country Time Lemonade or Crystal Light
- Carbonated drinks, including dark sodas, such as cola and root beer
- Gelatin without fruit
- Tea or coffee without milk, cream or nondairy creamer
- Sports drinks (no red, purple or orange)
- Clear, fat-free broth (chicken, bone, beef) and bouillon
- Popsicles (no red, purple or orange )
- Boost Breeze or Ensure Clear Nutritional Drink (diabetic options)

Orange Juice and Milk are NOT considered clear liquids.

Failure to follow a clear liquid diet may cause cancellation of procedure.