



Women's Health Specialists of Montgomery County PA

Gynecology-Gynecologic Oncology
6301 Executive Boulevard
Rockville, MD 20852
Phone: (301) 770-4967

BOWEL PREP INSTRUCTIONS

Your Procedure Requires You to do a Bowel Prep The Day Before Surgery

PLEASE READ AND FOLLOW INSTRUCTIONS CAREFULLY!

It is very important that your bowel be completely emptied so that the bowel is lying flat, keeping it from being injured during your surgery.

Since your procedure requires a bowel prep, you will need to follow a CLEAR LIQUID DIET. **Your clear liquid diet begins in the morning on the day before surgery.**

CLEAR LIQUIDS: Jell-O, chicken or beef broth, sodas, coffee and tea with sugar (**NO CREAMERS**), clear fruit juice (**NO PULP**), Gatorade and popsicles.

Your bowel prep will be **MIRALAX & DULCOLAX**

You will need these items from a pharmacy:

- Miralax in large bottle (8.3 ounces or 235 gram)
- 4 Dulcolax or Bisacodyl tablets (5mg. tablets)
- Purchase a large 64-ounce bottle of Gatorade or Crystal Light if you have diabetes. This will be used to mix your Miralax the day before your surgery.
- Do not take aspirin products or iron tables for one week before your surgery.

Follow this schedule for the bowel prep:

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| 1:00 PM | Take 4 Dulcolax tablets with a drink of clear liquids |
| 2:00 PM | Mix the Miralax in 64 ounces of Gatorade or other clear liquid of choice. Cap the bottle and shake the bottle to dissolve the powder. Most people prefer to drink the liquid chilled so you may want to place it in the refrigerator. |
| 4:00 PM | Start to drink the Miralax. Drink one glass every 10 to 15 minutes. Drink it quickly rather than sipping small amounts because it does not taste that good. Finish drinking the liquid in 2 hours. Be sure to drink ALL the liquid. |
| 12:00 Midnight | Do not eat or drink anything after 12 midnight. |