

# LEFT COLON AND RECTAL BOWEL PREPARATION INSTRUCTIONS

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## You will need to purchase the following items for your bowel prep:

- A. One bottle **Miralax** Powder (238g), laxative (over-the-counter medication)
- B. **Bisacodyl** 5mg tablets (four tablets), laxative (over the counter medication)
- C. For Rectal Cancer Surgery ONLY: 2 **Fleets Enemas**

\*\*\*\*\* Please call our office if you have allergies to any of the above medications.

## D. CLEAR LIQUID DIET FOR THE DAY PRIOR TO SURGERY

A Clear Liquid is any liquid you can see through

### THESE CLEAR LIQUID ITEMS ARE ALLOWED

Water

Clear broth: beef or chicken

Gatorade

Lemonade or Kool-Aid

Sodas, tea, coffee (**no** cream)

Gelatin

Popsicles (without fruit or cream)

Italian ices

Juices **without** pulp: Apple, white grape juice

You may use salt, pepper, and sugar

### NOT ALLOWED:

*Milk or Cream*

*Milkshakes*

*Tomato Juice*

*Orange*

*Grapefruit Juice*

*Cream soups or any soup other than broth*

*Oatmeal*

*Grits*

*Cream of Wheat*

**Note:** It is important to stay well-hydrated during your bowel prep... so please drink much of these clear liquids as allowed!

## **CHECKLIST and DIRECTIONS TO FOLLOW:**

### **DAY PRIOR TO SURGERY:**

- BREAKFAST: BEGIN CLEAR LIQUID DIET (see list on 1<sup>st</sup> page) **DO NOT** eat any solid food or drink any thicker liquids like milk, pulped juices or add cream to any clear liquid drink.

### **NOON:**

- LUNCH: CLEAR LIQUID DIET

- Prepare the "**Miralax Mix**" by pouring entire bottle of powder (238ml) into a 32 ounce bottle of Gatorade or sport drink (or any other clear liquid). SHAKE bottle of liquid & powder well, this will form a slurry drink or 'slurpee', Place in refrigerator & CHILL for one hour.

### **2:00PM**

- Drink an eight ounce glass of the "**Miralax Mix**" every hour, on the hour, until finished (at 2pm, 3pm, 4pm, 5pm)

### **6:00PM:**

- DINNER: CLEAR LIQUID DIET
- Take **Bisacodyl** take all four tablets with a glass of water.

### **7:00PM:**

- Be sure to drink an 8 ounce glass of a clear liquid every hour until 11pm (at 7pm, 8pm, 9pm, 10pm, 11pm), after finishing the Miralax Mix prep. This keeps you hydrated.

### **Midnight and Morning of Surgery**

- DO NOT EAT** mints, candy, or chew gum after midnight.
- The morning of surgery, take your heart or blood pressure medications before leaving to come to the hospital. You may continue to drink **ONLY CLEAR LIQUIDS** up until the time you leave to go to the hospital. After leaving home, you will only drink **Gatorade**.
- For Rectal Cancer Surgery Only:** Administer rectally 2 Fleets enemas 30 min apart, beginning 1 hour before leaving your house for the hospital.
- Drink your 20oz bottle of Gatorade on the way to the hospital.** It must be finished 2 hours before the time of your scheduled surgery

For information on what to expect during your hospitalization and postop recovery, visit: [www.ColonRectal.net](http://www.ColonRectal.net)