



General Surgery

Bowel Prep Instructions

Week before Surgery

A few days before your bowel prep, go to your local drugstore and buy:

- Miralax 255 gram bottle
- Antibiotic Prescriptions
- *If you do not receive this at PAT*– a small bottle of 4% Chlorhexidine Wash (Hibiclens®)

The Day before Surgery

You should continue to drink *at least* 4-6 glasses of clear liquids today. After the bowel prep, you need to keep drinking so you do not become dehydrated.

Clear liquids include:

- Water, sparkling water, or soda
- Broth
- Juice *without pulp* (apple, grape)
- Popsicles
- Gatorade® (regular or G3 Recover/silver label)
- Clear Jell-O® (no fruit, etc. inside) *NO Jell-O Cups
- Coffee or tea, no creamer
- Crystal Light®

No food today and do not drink juice with pulp, dairy products, or alcohol.

____ 9:00 am

Mix the entire bottle of Miralax in 64 oz of Gatorade (not red Gatorade). Shake well until dissolved. Drink an 8oz glass every 10-15 minutes until the solution is gone. Miralax will give you loose stools and some cramping. It could take from 30 minutes to 8 hours to feel the effects of the prep. You may have frequent bowel movements for several hours after drinking it. **If you develop a severe stomach pain, feel light-headed or dizzy, or you are not able to have a bowel movement, call the office.** This prep should be completed by noon to start taking your antibiotics as directed. Nausea is common with these prescriptions.

____ Before bed and ____ Morning of Surgery

Use the 4% Chlorhexidine Wash (Hibiclens®) to bathe with.

For questions, call the office at (941) 917-1579. After hours, holidays and weekends ask for the doctor on call. Leave your name and phone number with the area code. We will return your phone call within 24 hours.