

Step 1: Take in only clear liquids all day (no solid food!)

- You will need to follow a clear liquid only diet the whole day before your surgery.
- Do not eat ANY solid foods or liquids that are not clear, such as milk.
- Do not drink anything red, purple, or blue.
- If you have diabetes, you should drink sugar-free clear liquids and check your blood sugar level often. If you have any questions, call your diabetes doctor.
- TIP:** examples of clear liquid DOs and DONTs can be found on the next page.
- TIP:** Make sure to drink plenty of liquids in addition to the bowel prep. Try to drink at least one (8-ounce) glass of clear liquid every hour while you're awake. This will keep you hydrated and give you calories.

LIQUIDS



SOLIDS



Step 2: The morning before the procedure: Mix the MiraLAX

- Mix the whole bottle of MiraLAX powder (238 grams) with 8 glasses (64 ounces) of a room temperature clear liquid (such as Gatorade or apple juice) until the MiraLAX powder dissolves.
- TIP:** Once the MiraLAX is dissolved, you can put the mixture in the refrigerator. Many people find it tastes better chilled.
- TIP:** If you need a low-sugar substitute, use Gatorade G2 brand.



Step 3: Start your bowel preparation at 4pm

❖ Part 1: At 4 pm - Take these pills by mouth with a glass of water:

- 4 bisacodyl tablets
- 2 Neomycin 500 mg (1-gram total)
- 2 Flagyl (Metronidazole) 500 mg (1-gram total)

❖ Part 2: Then, drink the MiraLAX mixture at 4pm

- Drink one glass every 10 to 15 minutes, until you drink it all. This should take about 2 hours.
- Drink it quickly rather than sipping small amounts because it does not taste good.

❖ Part 3: At 7 pm - Take the following pills with a glass of water:

- 2 Neomycin 500 mg (1-gram total)
- 2 Flagyl (Metronidazole) 500 mg (1-gram total)

❖ Part 4: At 11 pm - Take the following pills with a glass of water:

- 2 Neomycin 500 mg (1-gram total)
- 2 Flagyl (Metronidazole) 500 mg (1-gram total)



Turn the page for frequently asked questions and clear liquid diet guidelines!

Frequently Asked Questions

Are you nauseated or throwing up from the prep?

Stop drinking the prep for 20 minutes. When you restart, drink it more slowly.

Is your bottom sore from all the loose stools?

Apply petroleum jelly (Vaseline®), diaper rash cream like Desitin® or A & D® ointment to the skin around your anus after every bowel movement. This helps prevent irritation.

When will I start to have bowel movements after finishing the prep?

Bowel movements usually begin within 1 hour of starting the drink but may take much longer for some people. It is normal to be in and out of the bathroom often, have watery stool, and feel a constant or near-constant need to have diarrhea.

How do I know if the prep worked enough?

The bowels are clean when there is only clear green or yellow fluid without pieces of stool.

What do I do after I've finished the prep?

Continue to drink clear liquids to stay hydrated and flush out your colon. You can continue to drink clear liquids until 4 hours before your scheduled arrival time. Don't eat anything other than clear liquids until after your procedure.

What if I am on blood thinners?

Instructions will be reviewed at pre-testing. If you have any questions about stopping your medication, please contact your cardiologist or doctor who manages your blood thinner medications. In general, your surgeon usually follows these guidelines:

- **Stop 7 days prior to surgery:** brillinta (Ticagrelor), effient (Prasurgel), persantine (Dipyridamole), plavix (Clopidigrel), pletal (Cilastazol), ticlid (Ticlopidine)
- **Stop 5 days prior to surgery:** warfarin (Coumadin)
- **Stop 2 days prior to surgery:** pradaxa (Dabigatran), xarelto (Rivaroxaban), savaysa (Edoxaban), eliquis (Apixaban)
- **Stop the morning of surgery:** enoxaparin (Lovenox)
- **Okay to continue:** Aspirin (325 mg or baby- 81 mg)

Do you have questions? Call our office (508) 334-9185 and ask to speak with our nurse.

Clear Liquid Diet Guidelines

| |  OK |  NOT OK |
|---|---|---|
| Soups  | <ul style="list-style-type: none">  Clear broth, bouillon, or consommé | <ul style="list-style-type: none">  No soup with particles of food  No cream soups |
| Sweets  | <ul style="list-style-type: none">  Gelatin, such as Jell-O®  Flavored ices  Hard candies, such as Life Savers® | <ul style="list-style-type: none">  No red, purple, or blue <div style="display: flex; justify-content: space-around; align-items: center;">    </div> |
| Drinks  | <ul style="list-style-type: none">  Clear fruit juices, such as apple, white cranberry, lemonade, or white grape  Crystal Light®  Soda, i.e. ginger ale, or seltzer  Gatorade®, Powerade®  Black coffee  Tea  Water <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;">    </div> | <ul style="list-style-type: none">  No juices with pulp  No nectars  No milk or cream  No alcoholic beverages  No red, purple, or blue <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;">    </div> |