



Bowel Preparation

Procedure date: _____ Procedure time: _____

The hospital will call you for arrival time.

One week prior to the procedure

- **Do not take iron pills or medication that can cause bleeding.** These include, but are not limited to:
Aspirin, Percodan, Alka-Seltzer, and any other blood thinners (notify your surgeon if you are on blood thinners).
- **Stop using anti-inflammatory type drugs** including: Empirin, Bufferin, Ascriptin, Ibuprofen, Motrin, Advil, Medipren, Nuprin, Naproxen, Nextra, Celebrex, Vioxx, Clinoril, Piroxicam, Feldene, Aleve, Indomethacin, Indocin, and Voltaren (Tylenol is OK).
- **Discontinue use of fiber supplements:** Metamucil, Citrucel, Benefiber, etc.
- **Do not eat** nuts, seeds, popcorn or corn.

One day prior to the procedure

- **Do not eat any foods all day! You may drink as many clear liquids as you would like. See page 2.**
- **2:00 PM** Drink 8 ounces of clear liquids
- **3:00 PM** Take Dulcolax 2 tablets, Neomycin 2 tablets and Flagyl 1 tablet.
- **4:00 PM** Drink 8 ounces of clear liquids, Neomycin 2 tablets and Flagyl 1 tablet
- **5:00 PM** Mix the entire bottle of MiraLAX with 64 oz of Gatorade, until dissolved. Drink 1 cup of the mixture, every 15 minutes until finished.

****If you develop nausea, bloating and/or cramping, please pause for 30 minutes to allow your stomach to rest****

- **7:00 PM** Take Dulcolax 2 tablets.
- **8:00 PM & 9:00 PM** Drink 8 ounces of clear liquids (List on page 2)
- **10:00 PM** Take Neomycin Tablets and Flagyl 1 tablet.

On the day of the procedure

- Take heart or blood pressure medications (2) hours before the procedure with a small sip of water. *All other medications may be taken after the procedure.
- If you are diabetic, please speak with your surgeon on what to do about taking your medication.

****DUE TO ANESTHESIA, YOU WILL NEED SOMEONE TO DRIVE YOU HOME AFTER THE PROCEDURE****

Medications and Liquids Requirements

- **Clear Liquids** broth, Jello (any color), ginger ale, Sprite, Tea & coffee (with not creamer or dairy).
- **Gatorade** Two bottles, 32 ounces per bottle (any color)
- **Dulcolax** (bisacodyl) 5mg, four tablets, over the counter
- **MiraLAX** (polyethylene glycol) 238 gms, one bottle, over the counter
- **Neomycin** 500mg tablets, six tablets in total (Prescribed by your surgeon)
- **Flagyl** (metronidazole) 500mg tablets, three tablets total (Prescribed by your surgeon)