

MIRALAX BOWEL PREP

TWO DAYS BEFORE YOUR SURGERY, you will need to purchase over-the-counter:

- **Miralax** in a large bottle (8.3 ounces or 238 grams)
- Small box of **Dulcolax Laxative or bisacodyl tablets**
- A large 2 quart (64 ounces) bottle of a sports drink such as Gatorade/Powerade. **If you have diabetes**, buy a no or low calorie drink such as Crystal Light instead. **Do not use carbonated beverages.**

ON _____, (TWO DAYS BEFORE SURGERY), YOU WILL BE ON A LOW RESIDUE DIET.

PLEASE SEE NEXT PAGE FOR LOW RESIDUE DIET INSTRUCTIONS.

ON THE DAY BEFORE YOUR SURGERY _____ You should have a clear liquid breakfast and lunch. After lunch or no later than 4:00 p.m., start prep.

- **Drink clear liquids only. Any of the liquids below are okay.**

Bouillon

Black Coffee or Tea

Popsicles (No red colors)

Apple Juice

White Grape Juice

Life-savers (dissolved in mouth)

Plain Jell-O (No red colors)

Carbonated Drinks

Water

Cranberry Juice

Gatorade

Crystal Light

- ****No milk or milk products the day of the colonoscopy**

Follow the schedule listed below for your bowel prep. You will have many bowel movements through the day. They will become very watery. The bowels are clear or clean when there is only pale yellow fluid without flecks of stool.

At 1:00 PM: Take 2 Dulcolax (bisacodyl) tablets with a drink of clear liquids.

At 2:00 PM: Mix the Miralax in a 2 quart bottle 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.

At 4:00 PM: Start to drink the Miralax. Drink one glass every 10 to 15 minutes. Drink it quickly rather than sipping small amounts. Finish drinking the liquid in 2 hours. Be sure to **drink all of the liquid.**

At 7:00 PM: Take 2 Dulcolax (bisacodyl) tablets with a drink of clear liquids.

At Midnight: Do not have anything else by mouth.

ON THE DAY OF SURGERY _____

Go to patient Endoscopy/ MRI registration at _____ am

If you have a friend or family member that you **do not** wish your surgeon to discuss your results with, let the nurse know. Our office will contact you by mail with results from any biopsies or pathology reports.

****IF YOU HAVE ANY PROBLEMS FINISHING THE BOWEL PREP, CONTACT THE OFFICE IMMEDIATELY at 865-305-5335****

Low-Residue Diet

- White bread, melba toast, waffles, french toast, pancakes, saltines, plain cakes, cookies
- White rice, pasta, peeled cooked potatoes
- Cereals: farina, cream of rice, puffed rice, rice krispies, corn flakes, special K
- Tender cooked or canned vegetables (without seeds), carrots, asparagus tips, green or wax beans, pumpkin, spinach, lima beans
- Strained fruit juice, canned fruit (except pineapple), ripe bananas, melons
- Milk, plain or flavored yogurt, custard, ice cream, cheese, cottage cheese
- Well-cooked tender beef, lamb, ham, veal, pork, fish, poultry, ground meats, organ meats, eggs, creamy peanut butter
- Margarine, butter, oils, mayonnaise, sour cream, salad dressings, sugar, clear jelly, honey, syrups
- Plain gravies, spices, cooked herbs, bouillon/broth, soups made with allowed vegetables
- Coffee, tea, carbonated drinks
- Hard candy, pretzels, plain snack crackers, gelatin, plain puddings, custard, ice cream, sherbet, popsicles, chocolate

While on a low-residue diet, these foods or drinks need to be avoided:

- ** Seeds, nuts, or coconut, including those found in bread, cereal, desserts, and candy.
- ** Whole-grain products, including whole-grain breads, cereals, crackers, pasta, rice, and kasha.
- ** Raw or dried fruits, such as prunes, berries, raisins, figs, and pineapple.
- ** Most raw vegetables.
- ** Certain cooked vegetables, including peas, broccoli, winter squash, brussel sprouts, cabbage, corn (and corn bread), onions, cauliflower, potatoes with skin, and baked beans.
- ** Beans, lentils, or tofu.
- ** Tough meats with gristle and smoked or cured deli meats.
- ** Cheese with seeds, nuts, or fruit.
- ** Peanut butter, jam, marmalade, or preserves.
- ** Pickles, olives, relish, sauerkraut, and horseradish.
- ** Popcorn.
- ** Fruit juices with pulp or seeds, prune juice, or pear nectar.