What is a bowel preparation?
Bowel preparation ("bowel prep") is done to prepare the bowel for surgery or a procedure. Its purpose is to clear out the bowel of all solid matter.

What will I need for bowel preparation?
- Gatorade®
- Miralax®
- Ducolax®
- Neomycin®
- Erythromycin®
- Fleets® Enema

How to I prepare my bowel for surgery?
The bowel prep instructions are below. We know this is a difficult process, but it is very important that the bowel is prepared well prior to surgery.

Bowel preparation protocol:

<table>
<thead>
<tr>
<th>Diet:</th>
<th>Start a <strong>clear liquid diet</strong></th>
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<tbody>
<tr>
<td></td>
<td><strong>on:_______________________</strong></td>
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<table>
<thead>
<tr>
<th>Laxative Medications:</th>
<th>Miralax®: 4 capfuls in 32 ounces of Gatorade</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>Ducolax®: 2 Tablets</td>
</tr>
<tr>
<td></td>
<td>Take <strong>these medications on:</strong>________</td>
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<td></td>
<td>At: <em><strong>:</strong></em>_ AM / PM</td>
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Additional Medications:  
**Neomycin®**: 250-500 mg (1:00pm, 3:00pm, 7:00pm)  
**Erythromycin®**: 250-500 mg (1:00pm, 3:00pm, 7:00pm)  
Take these medications on:_______

Fleets® Enema:  
Administer this enema on:_______  
At: ____:____ AM / PM

**Morning of the surgery: Date of Surgery ____________**

<table>
<thead>
<tr>
<th>Diet:</th>
<th>Nothing to eat or drink</th>
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<tbody>
<tr>
<td>Medications:</td>
<td>Review your current medications with the pre-operative nurse</td>
</tr>
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</table>

- The goal is to have tea colored stool with small flecks of stool present
- You will receive a call from the pre-operative nurse the day before your procedure. They will review when you will need to stop drinking and which current medications you need to take the morning of the surgery.

**What is acceptable to drink on a clear liquid diet?**
- Carbonated beverages (lemon-lime soda, cola, ginger ale)  
- Sports or energy Drinks (Gatorade®, Propel®, Vitamin Water®)  
- Hot or cold coffee or tea (do not add milk or creamers of any type)  
- Kool-Aid® or fruit drinks with no pulp or pieces  
- Apple, cranberry, grape, or other clear fruit juices  
- Water
- Plain or flavored gelatin (do not add fruit or toppings)
- Clear popsicles or frozen juice bars made from clear juices (no sherbets or fruit bars)
- Clear soup (low-sodium and fat-free broth or bouillon)

**Avoid:** All other food or drinks

**When should I call the doctor?**
Call us if you have any questions or concerns.

**What is the contact information?**
If you have any question, problems or concerns call the Pediatric Surgery clinic from 8-5:00pm Monday thru Friday, 734-764-4151. After 5:00pm or on the weekends if you have urgent issues call hospital paging at 734 936-4000 and ask the operator to page the Pediatric Surgeon “on call”.

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