



Bowel Prep Instructions for HDR Prostate Brachytherapy

Your procedure date: _____

What do I need to know about bowel prep for my procedure?

- **If you have kidney disease or severe heart or liver disease, do not use this bowel prep. Call our clinic for instructions.**
- Start these bowel prep instructions 2 days before your scheduled procedure.
- Plan to be near a bathroom from the time you start your prep until the end of the evening. Your bowels may start to move about 30-60 minutes after you start your prep.
- It's common to have feelings of nausea, bloating, stomach cramps, and faintness during this prep. This will get better with time.
- The goal for this prep is for your stool (poop) to be clear or light yellow and very watery.
- **If you have any bleeding from your butt during this prep, please contact your doctor immediately.**

What supplies do I need for my bowel prep?

You will need to buy the supplies below. All of them are available at a pharmacy and don't require a prescription:

- ☐ 2 bisacodyl tablets
- ☐ 1 container of MiraLAX® (238 grams)
- ☐ 2 bottles of Gatorade® (32 ounces each)
- ☐ 2 Fleet® enemas

What are my bowel prep instructions?

| | |
|---|-------------------|
| 2 days before your procedure | Day: _____ |
|---|-------------------|



Stop eating solid food (including chewing gum and hard candy).
Begin a clear liquid diet. Look at the table below to check which liquids and drinks are allowed on a clear liquid diet.

| You may drink these liquids: | Do not drink these liquids: |
|--|---|
| <ul style="list-style-type: none">• Water• Gatorade®, Pedialyte®, or Powerade®• Coffee or tea (without milk, cream, or non-dairy creamer)• Carbonated or non-carbonated soda• Fruit-flavored drinks• Apple juice, white cranberry juice, or white grape juice• Jell-O (gelatin) or popsicles• Broth | <ul style="list-style-type: none">• Alcohol• Milk, cream, or non-dairy creamer• Juice with pulp• Any liquid you cannot see through |



At 12:00 PM (noon), take 2 bisacodyl tablets by mouth with a glass of water. Swallow the tablets whole and do not split, crush, or chew them.

- Do not take these tablets within 1 hour of taking an antacid or drinking or eating dairy products.
- You can expect your first bowel movement 1-6 hours after taking the tablets.



At 3:00 PM, mix half the container of MiraLAX® into one of the 32 oz bottles of Gatorade®. Drink this MiraLAX® and Gatorade® mix over the next 1-2 hours. Drink other clear liquids between doses of the prep mix to avoid dehydration.



At 5:00 PM, mix the other half of the MiraLAX® container into the second 32 oz bottle of Gatorade®. Drink this MiraLAX® and Gatorade® mix over the next 1-2 hours. Drink other clear liquids between doses of the prep mix to avoid dehydration.

**1 day before
your procedure**

Day: _____



Continue to drink only clear liquids.



At 9:00 PM, use a Fleet® enema. Your stools (poop) should become watery and clear or light yellow.



At 12:00 AM (midnight), stop drinking clear liquids. No food or drink from now on until after your procedure.

**The morning of
your procedure**

Day: _____



If you continue to pass stool, use the other Fleet® enema before going to the hospital for your procedure.

What is the contact information for the Radiation Oncology clinic?

- For questions or concerns on Monday through Friday between 7:00 AM – 5:00 PM: call **(734) 936-4300**.
- For urgent matters on weekends, holidays, or after 5:00 PM on weekdays: call the page operator at **(734) 936-6267** and ask them to page the on-call Radiation Oncology resident.

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Author: Jill James, BSN RN

Reviewers: Robert Dess, MD

Edited by: Brittany Batell, MPH MSW CHES®

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