

# Bowel Preparation Using Polyethylene Glycol 3350 (Miralax)/Gatorade

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The goal of the bowel prep is to prepare your bowel so that stool will not be present that could affect your scheduled surgery. This will decrease your chance of surgical complications. **It is very important that you follow these instructions carefully.**

- Eat only those items mentioned in the **clear liquid diet** below.
- You must drink at least three (3) cups of fluid at midday, another three (3) cups in the early evening, and at least two (2) cups before bedtime. You may drink more if needed.

## **What do I need to buy before the bowel prep?**

- Four (4) Bisacodyl (Dulcolax) tablets. Available at any pharmacy without a prescription.
- One (1) 238-gram bottle Polyethylene Glycol 3350 powder (Miralax). Available at any pharmacy without a prescription.
- Two (2) 32-ounce bottles of Gatorade. It must be Gatorade, do not substitute. Any color/flavor is acceptable.
  - If you have diabetes you must use Gatorade G2-low calorie.

## **What should I expect?**

- You will start the prep the day before your surgery.
- Plan on being near a bathroom for the rest of the evening.
- Feelings of nausea, abdominal (belly) cramping, and abdominal fullness are common after starting the prep. These feelings are usually temporary.
- Drink at least a gallon of clear liquids during the evening to improve the quality of your bowel cleansing.

## **What are my instructions?**

### **The day before surgery:**

1. Eat your normal breakfast. **Do not** eat solid food after noon.
  2. Beginning at 12 noon: take four (4) Bisacodyl tablets with water (Do not crush or chew). Do not take within 1 hour of taking an antacid.
  3. At 1:00 pm mix half of the bottle of Miralax powder in one bottle of Gatorade and half in the other bottle of Gatorade. Place them in the refrigerator so they are cold. No ice cubes allowed.
  4. At 3:00 pm start drinking the Miralax and Gatorade mixture. Drink an 8-ounce glass every 15 minutes until the solution is gone. You should finish drinking the mixture within 3 hours. It is important that you finish drinking all of the liquid.
- When you start drinking the mixture, you need to be near a bathroom. You may have a sudden urge for a bowel movement and may need to go to the bathroom quickly.
  - Expect your bowel movements to be thin and watery as your bowel cleans out. This is the expected effect of the bowel prep.
  - You can apply A&D ointment (or other diaper rash ointment) to the rectal area to help with any irritation. The goal is for your stool to be clear or light yellow.

### **Drink only clear liquids for lunch and dinner. These include:**

- Water, flavored water
- Carbonated beverages, soda pop including colas
- Clear Soup (chicken/beef/vegetable broth, bouillon) – **No** noodles allowed
- Black coffee, green or black tea without cream or milk
- Grape, apple, or cranberry juice (no orange, tomato, or other pulpy juice)
- Jello (no additional fruit)
- Popsicles
- Kool-aid

- Gatorade, sports drinks

### **Who should I call if I have questions?**

- (734) 998-6022, Monday - Friday, 8 a.m. - 4:30 p.m.
- After hours and on weekends, call Hospital Paging at (734) 936-6267 and ask for the Plastic Surgeon on call.

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