



MiraLAX Bowel Prep

This information along with other educational material is available on our website at www.WatsonClinic.com/GynOnc

Checklist of items to have prior to prep

- ◆ MiraLAX powder, 1 bottle (238 grams)
- ◆ 64oz of Gatorade or similar electrolyte drink (full sugar if NOT diabetic); if you are diabetic use G2 or low sugar
- ◆ Pitcher to mix the prep
- ◆ Clear liquids (see separate sheet for options)
- ◆ Pick up your antibiotics, you should have two different medications; typically Neomycin and Flagyl unless specified differently at your pre-operative appt
- ◆ Purchase bisacodyl 5mg tablets, you will need 4 tablets (20mg)

Step 1 - Clear liquid diet

- ◆ Have a small breakfast before 8am, then clear liquids all day.
- ◆ Do not eat any solid foods after 8am, this includes milk.
- ◆ Do not drink anything red, purple or blue.
- ◆ If you are diabetic drink sugar-free clear liquids and check your blood sugar often, usually every 4-6 hours, if elevated call your PCP.
 - ❖ **TIP:** examples of clear liquid DOs and DONTs are on the next page.
 - ❖ **TIP:** Make sure to drink plenty of liquids during the bowel prep to stay hydrated and take in plenty of calories.






Step 2 - Mix the prep in the AM the day before surgery

- ◆ Mix the whole bottle of MiraLAX (238g) in 64oz of electrolyte drink, place in the refrigerator as it typically tastes better cold.

Step 3 - Start your bowel prep at 2pm

- ◆ 2PM
 - ❖ Take 4 bisacodyl tablets (20mg total)
 - ❖ Take 2 neomycin 500mg tablets (1 gram total)
 - ❖ Take 2 flagyl (metronidazole) 500mg tablets (1 gram total)
 - ❖ Start drinking MiraLax mixture-goal is to drink one glass every 15 minutes until all of the mixture is gone (ideally in 2-4 hours).
- ◆ 6PM
 - ❖ Take 2 neomycin 500mg tablets (1 gram total)
 - ❖ Take 2 flagyl (metronidazole) 500mg tablets (1 gram total)
- ◆ 10PM
 - ❖ Take 2 neomycin 500mg tablets (1 gram total)
 - ❖ Take 2 flagyl (metronidazole) 500mg tablets (1 gram total)

Remember: Do not take in anything to eat or drink after midnight; even the liquid prep.

| |  OK |  NOT OK |
|---|---|--|
| Soups  | <ul style="list-style-type: none"> ✓ Clear broth, bouillon, or consommé | <ul style="list-style-type: none"> ✗ No soup with particles of food ✗ No cream soups |
| Sweets  | <ul style="list-style-type: none"> ✓ Gelatin, such as Jell-O® ✓ Flavored ices ✓ Hard candies, such as Life Savers® | <ul style="list-style-type: none"> ✗ No red, purple, or blue  |
| Drinks  | <ul style="list-style-type: none"> ✓ Clear fruit juices, such as apple, white cranberry, lemonade, or white grape ✓ Crystal Light® ✓ Soda, i.e. ginger ale, or seltzer ✓ Gatorade®·Powerade® ✓ Black coffee ✓ Tea ✓ Water  | <ul style="list-style-type: none"> ✗ No juices with pulp ✗ No nectars ✗ No milk or cream ✗ No alcoholic beverages ✗ No red, purple, or blue  |

WATSON CLINIC_{LLP}

Your Central Florida Center for Gynecologic Cancer Care

1755 N. Florida Avenue ♦ Lakeland, Florida 33805 ♦ 863-680-7578 ♦ Fax: 863-616-2415 ♦ www.WatsonClinic.com/GynOnc