



MiraLAX & Antibiotic Bowel Preparation Instructions

Office Contact: 469-203-8856

PURCHASE THE FOLLOWING:

- 238 gram bottle of Miralax
- 64 ounces of Gatorade (any color is acceptable)
- Dulcolax Laxative 5mg (2 pills)
- Neomycin 1 gram (3 doses) – *will be called into your pharmacy*
- Metronidazole 500 mg (3 doses) – *will be called into your pharmacy*

THREE DAYS BEFORE YOUR SURGERY - FOLLOW A LOW FIBER DIET

Avoid such foods as popcorn, nuts, fresh fruits, raw vegetables or products containing whole wheat or bran. Stop all fiber supplements (Fibercon, Metamucil, and Citrucel). A few examples of foods you may eat are:

- Dairy products, meats, poultry, fish, pasta, white rice, white bread, eggs, mashed potatoes, cooked carrots or squash.

THE DAY BEFORE YOUR SURGERY - DO NOT EAT ANY SOLID FOODS **RESTRICT YOUR DIET TO CLEAR LIQUIDS ONLY**

A clear liquid is any liquid you can see through.

- Water, chicken broth, apple juice, ginger-ale, Sprite, tea, black coffee (sugar allowed), Popsicles, Gatorade, Jell-O

1:00 P.M. take Neomycin 1 gram and Metronidazole 500mg with a glass of clear liquid (*may take antibiotics with small amount of crackers/bread to avoid upset stomach*)

2:00 P.M., take Neomycin 1 gram and Metronidazole 500mg with a glass of clear liquid (*may take antibiotics with small amount of crackers/bread to avoid upset stomach*)

3:00 P.M., take 2 Dulcolax Laxative pills with a glass of clear liquid.

6:00 P.M., mix one (1) 238 gram bottle of Miralax in 64 ounces of Gatorade. Drink an 8 ounce glass every 15-20 minutes until finished.

10:00 P.M., take Neomycin 1 gram and Metronidazole 500mg with a glass of clear liquid (*may take antibiotics with small amount of crackers/bread to avoid upset stomach*)

THE DAY OF YOUR SURGERY

You may continue with CLEAR LIQUIDS until 6 hours prior to your surgery start time.

After this time, you may have nothing by mouth (including gum, candy or water).

Please take any heart or blood pressure medications with a sip of water when they are due and use your inhaler per usual (if applicable).

Take your regular medications with a sip of water, except as advised previously.