Bowel Preparation Options

* **Clear Liquids ONLY**
  + **Starting 24 hours prior** to your surgery
    - Upon awaking in the morning the day before your surgery
  + Items include: clear broth, apple juice, grape juice, Jello (*not red*), soda, plain tea, black coffee, popsicles – NO MILK PRODUCTS
  + **Nothing to eat or drink the day of your procedure**
    - *Regular prescription medications can be taken with a small sip of water the morning the surgery*

*-----------------------------------------* ***AND an option below*** *-----------------------------------------*

* **Miralax Bowel Prep**
  + Purchase the following: Four (4) **Dulcolax** tablets & one (1) 238 gram bottle of **MiraLax**. These are over the counter medications and do NOT require prescriptions.
  + The day prior to surgery at the following times:
    - **12:00 Noon** - Take **four** Dulcolax tablets with one (1) 8 ounce glass of water.
    - **1:00 p.m.** - Mix one (1) 238 gram bottle of Miralax in 64 ounces of either Gatorade, Crystal Light drink mix (*any flavor*) or water. Drink an 8 ounce glass every 15-20 minutes until gone (*approximately 2-3 hours*)
    - You may continue drinking clear liquids until midnight**. Do not eat or drink anything after midnight.**
* **GoLYTELY**
  + A prescription is needed for this product (*requires twice as much fluid as MiraLax prep*). We will call it into your pharmacy. It is supplied in a 4 liter disposable jug. You may consume water or clear liquids during prep, but nothing to eat or drink after midnight the night before your surgery.
  + At **12 p.m. (noon)** **the day before your procedure**, begin drinking the GoLytely solution – one 8 oz. glass every 10 to 15 minutes until the bottle is empty (***OR*** *the rectal waste is clear and free of solid matter*). This is a total of 4 liters (about 1 gallon).
* **Magnesium Citrate**
* At **1 p.m. the day before your procedure** begin drinking the chilled bottle of Magnesium Citrate. This can be purchased at any pharmacy. Drink as much water as possible the day prior to surgery.
  + - Take nothing by mouth after midnight the night before your surgery. You can take your usual medications.

**OR**

* At **1 p.m. 2 days before your procedure** *(****36 hours*** *before your procedure***)**, begin drinking the chilled bottle of Magnesium Citrate. This can be purchased at any pharmacy. Drink as much water as possible the day prior to surgery.