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PREPARATION FOR COLON SURGERY (Gatorade/Miralax)

Purchase at pharmacy: **4 Dulcolax** (bisacodyl 5 mg) tablets, **238 gram bottle of Miralax**, and **64 oz. Gatorade**.

- If you regularly take Plavix (clopidogrel), stop this medication 14 days prior to surgery.
- If you regularly take Coumadin (warfarin), stop this medication for _____ days prior to surgery.
- **All blood thinner medications should be stopped.**
- Do not take medicines containing aspirin (ASA) for 7 days prior to surgery.
(Includes Alka-Seltzer, Anacin, Ascriptin, Ecotrin, Empirin, Excedrin, Halfprin).
- Do not take any anti-inflammatory medicines for 2 days prior to surgery.
(Includes Advil, Aleve, Anaprox, Daypro, Diclofenac, Etodolac, Ibuprofen, Indocid, Ketoprofen, Ketorolac, Lodine, Motrin, Naprosyn, Nuprin, Relafen, Toradol, Voltaren).

If pain relief is needed, use Tylenol (acetaminophen).

- In order for surgery to take place, the colon must be absolutely clean.
- For two days prior to surgery, avoid salads, fruit peels, beans, and corn.
- For one day prior to surgery, avoid the following:
 - Bulk laxatives (Metamucil, Citrucel, Konsyl, Fibercon, Benefiber, Bran, Effersyllium)
 - Stool softeners (Colace, Pericolace, Doxidan, Dialose, Surfak, Docusate)
 - Iron-containing vitamins (Multivitamins with iron, Geritol)
- Starting on the morning of the day before surgery, begin a clear liquid diet, which includes the following:
 - Bouillon and clear or light colored soups or broths
 - Black coffee or tea
 - Jello® (no fruit or toppings)
 - Fruit juices with no pulp
 - Popsicles®
 - Gatorade
 - Hard candy
 - Carbonated beverages
- Avoid solid food other than hard candy or Popsicles.
- Avoid dairy products including milk, cheese, ice cream, and yogurt.
- Starting in the afternoon on the day prior to colonoscopy:
 - At 3 p.m., take the 4 Dulcolax (bisacodyl 5 mg) tablets with a glass of water.
 - At 5 p.m., mix the 238 gram bottle of Miralax in 64 oz. of cold Gatorade. Shake the solution until the Miralax is dissolved. Drink an 8 oz. glass of the solution every 15-20 minutes until it is gone.
 - Continue to drink all the clear liquids you desire, up until 4 hours prior to your surgery.**
- You may apply some Anusol or vaseline around the anus if the anal area becomes sore due to passage of liquid stool.
- Take your regular heart or blood pressure medications in the morning with a small sip of water. If you are diabetic, measure your blood sugar the night before and the morning of colonoscopy; if your sugar is low, you may have some juice.