
PREPARATION FOR COLON SURGERY (Gatorade/Miralax prep)

Purchase at pharmacy: 4 Dulcolax (bisacodyl 5 mg) tablets, 238 gram bottle of Miralax, and 64 oz. of 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.
- 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 colon 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
 - Do not eat or drink anything colored red or purple.
 - 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 surgery:
 - 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 30-45 minutes until it is gone.
 - Continue to drink all the clear liquids you desire, up until midnight.
- You may apply some Anusol or vaseline around the anus if the anal area becomes sore due to passage of liquid stool.
- Do not eat or drink anything after midnight the night before surgery. Take your regular heart or blood pressure medications in the morning with a small sip of water. Do not take insulin or diabetic medications on the morning of surgery.
- Report to _____ Hospital admissions desk at _____ on _____.