

## *United Surgical Associates of Kansas City*

Instructions for Bowel Prep before colon/rectal surgery with Dr. Patterson and Dr. James.

### **Purchase ahead of time:**

- 64 oz. bottle of Yellow Gatorade
- 8.3 oz bottle of Miralax
- Dulcolax tablets

### **Intructions:**

- On the **day before surgery**: Drink only clear liquids for breakfast, lunch, and dinner
  - Clear liquids: water, clear fruit juices (i.e. apple juice), black coffee, tea, clear soft drinks
  - NO solid food or milk products
  - No red or purple colored drinks
- At **12 pm**: take 2 Dulcolax tablets
- At **3 pm**: Drink the MiraLAX solution:
  - Mix entire bottle of MiraLAX with 64 oz Gatorade
  - Shake the solution until it is dissolved
  - Drink an 8 oz glass of the solution every 15-20 minutes until it is gone
  - Drink it quickly rather than sipping small amounts
  - Finish drinking all 64 oz of the solution in 2 hours

Do not eat or drink anything after midnight

If any questions or concerns call the office at (816)254-9292