

CENTER FOR ENDOMETRIOSIS CARE

BOWEL PREP INSTRUCTIONS

The day before your procedure, you may have a light breakfast and then liquids only for the remainder of the day. Drink plenty of clear liquids, at least 8 oz every hour to avoid dehydration.

Acceptable liquids:

Chicken or beef broth or bouillon (low sodium preferred)
Water
Popsicles without added fruit pieces or dairy (any flavor)
Clear fruit juices (e.g. apple, white grape)
Jell-O (no fruit pieces or dairy added)

Prep Kit:

Option 1: Purchase 4 Dulcolax Laxative tablets; 64 oz of Gatorade, PowerAde (any color) or coconut water; an 8.3oz (238g) bottle of Miralax; and a Saline or Fleet Enema at your local pharmacy. No prescriptions are necessary for these items.

Option 2: For your convenience, we have these items available for you to purchase at our office. The cost of the prep is \$15.00 (please note, this does not include what you will be mixing the Miralax power with; you will need to purchase the Gatorade, PowerAde or Coconut Water).

Instructions:

1. Mix the entire bottle of 238g Miralax powder with the 64oz of Gatorade, PowerAde or coconut water (without pulp).
2. At 1:00pm the day before your procedure, take 2 Dulcolax tablets by mouth.
3. At 3:00pm the day before your procedure, drink 1 8oz glass of Gatorade/Miralax; repeat every 15 minutes until you have finished the 64oz bottle of Gatorade and Miralax (this should take approximately 2 hours). *****If you have drunk 2/3 to 3/4 of the miralax mixture and what is coming out of you is yellow clear, then you can stop drinking.***
4. Drink plenty of fluids, including drinks containing electrolytes (Gatorade, Pedialyte, coconut water, liquid IV) and sugar (not just water).
5. If you are not running a yellow, clear fluid after drinking the Miralax, you will need to take 2 more Dulcolax tablet, at 6:00 pm.
6. Drink clear liquids and fluids with electrolytes up until – – which is two hours prior to arriving to the hospital
7. Use the Fleet Enema at least one hour before leaving for the hospital. While sitting on the toilet, insert the enema into the rectum and give one squeeze, only once, and immediately remove and let it flush out. ****IF YOUR SURGERY IS THE SAME DAY AS YOUR PRE-OP APPOINTMENT, PLEASE USE THIS FLEET ENEMA ONE HOUR BEFORE COMING TO OUR OFFICE.**
8. If you tend to be constipated or have chronic constipation it may take a bit longer for the prep to work. You may want to move the schedule up by 2 hours in that case. You may also take a stool softener for several days before the bowel prep, eat light and drink lots of liquids.

Pain medication tends to cause constipation; thus, it is recommended to start on a stool softener right after surgery. "Over the counter" products i.e. Colace, Dulcolax, Miralax are acceptable. **Ensure it is a stool softener and not a laxative, as a laxative will be too harsh for you right after surgery.** See our post-op guide for more detail or contact us at 770-913-0001.