



### **BOWEL PREP INSTRUCTIONS**

#### **The Day Prior to Surgery:**

- 1.** At 11:00am take 4 Dulcolax tablets by mouth (all 4 tablets at 11:00am)
  - 2.** At 1:00pm mix 476g; 1 cap full=17g; 476g = 28 caps full of Miralax (generic polyethylene glycol) powder with 64oz. of Gatorade
  - 3.** Every 15 minutes drink 8oz of mixture. Repeat 8 times which equals 64oz
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- **No aspirin or aspirin products (motrin/ibuprophen, Aleve, Advil)**
  - **Clear liquids only once bowel prep has started**
  - **No food or drink (this includes water) after midnight**