

## ERAS MiraLAX® Bowel Prep before Surgery

To prepare your bowel for surgery, follow these steps closely. Please note that “**Clear**” means no sediment, it does not mean colorless. You will need to buy these supplies at least 2 days before your surgery.

- **Bisacodyl Laxative** - 5 mg tablets
- **MiraLAX®** - 238 gm. or 8.3 oz. bottle
- **Gatorade®** or **Powerade®** Sport drink - 1-64 oz bottle or 2-32 oz. bottles
- **Fleets® Phosphate Enema** - 1 bottle
- **Ensure Active Clear®** – (2)4 pack or 8 bottles (10 oz.)
- **Antibiotics- Neomycin and Metronidazole**

### Day before Surgery

Drink only clear liquids all day. Nothing solid by mouth.

- Water
- **Jell-O®**-homemade only
- Popsicles-no fruit fiber
- Sparkling water or soda
- Broth or bouillon
- Crystal Light®
- Juice-no pulp (apple okay, **no** orange)
- Hard candy
- Coffee or tea, no creamer – sugar is OK
- Gatorade® or other clear sports drink
- No alcohol or dairy products
- Ensure Active Clear® (protein drink)

Do not take any of your regular pills for 1 hour before or after drinking the MiraLAX®, they will not be absorbed.

- **9am or earlier:** Take 4 bisacodyl tablets with water. Do not chew or crush. Do not take within 1 hour of taking an antacid or other morning pills.
- **10am or earlier:** mix MiraLAX® with 64 oz. of Gatorade®/Powerade®. Shake well until the powder dissolves. Refrigerate.
- **12 noon:** Start to drink the MiraLAX® mixture. Drink one glass every 10-15 minutes. Drink it quickly, rather than sipping small amounts. This will help the bowel to empty. Finish this mixture within 2 hours.

Continue to drink **clear liquids** up to 2 hours before the surgery.

You may feel some cramps in your lower abdomen while drinking the MiraLAX®. If you have steady stomach pain, get light-headed and dizzy, don't have any bowel movements at all or can't drink the MiraLAX®, call the Digestive Health Center.

The afternoon and evening before surgery you will take the **antibiotic** pills. Follow the instructions written in the bowel prep instructions given to you instead of what is written on the bottles. Call if the directions do not match and you are unsure how to take the antibiotic tablets.

You can drink the 3 bottles of Ensure Clear several hours before and with the antibiotics.

- **1 hour after you finish the MiraLAX®:** Take the 1st dose of antibiotics.
- **2 hours later:** Take the 2nd dose of antibiotics.
- **10 pm or before you go to bed:** Take the last dose of antibiotics.

You should keep drinking clear liquids until bedtime. Save the 4<sup>th</sup> bottle of Ensure Clear to drink the morning of surgery.

### **Morning of Surgery**

- Take approved medicines.
- Drink the 4<sup>th</sup> bottle of Ensure Clear® (10 oz.), 3 hours prior to the surgery.
- Give yourself a Fleets® enema at least one hour before you leave for the hospital.
- Prep for surgery-shower #2.

When the **First Day surgery Unit (608-265-8857)** says you can drink clear liquids until 2 hours before surgery here is the short list of what you can drink.

- Black coffee, sweetener okay
- Apple juice
- White grape juice
- Water
- Gatorade
- Ensure Clear

### **When to Call the Doctor**

- Steady stomach pain
- Light-headed or dizzy
- No bowel movements
- Cannot drink the prep

### **Phone Numbers**

**Digestive Health Center: (608) 242-2800**

This is a 24-hour number.

**After hours and on weekends** ask for the doctor on call for Dr.\_\_\_\_\_.  
Tell them your problem. We will call you back.

**Toll free: (855)-342-9900**

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 5/2018. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7556