

Bowel Prep Instructions

You will need to purchase the following items from the drugstore for your bowel prep. Your prescriptions will be given to you by your physician. They will need to be picked up at your local pharmacy.

- One Bottle Miralax Powder (238g) laxative
(*Over-the-counter medication*)
- Biscodyl, 5mg tablets (4 tablets) laxative
(*Over-the-counter medication*)
- Neomycin sulfate, 500 mg tablets (4 tablets) *prescription*
- Flagyl, 500 mg tablets (2 tablets) *prescription*
- Zofran, 4mg tablets (6 tablets) *prescription*
- Sports Drink (32 oz. bottle **and** 12 oz. bottle) - if diabetic, use a low-sugar Sports Drink



Please call our office and let us know if you have any allergies to these antibiotics.

On the day before surgery:

- 12 pm Prepare the Miralax Mix by pouring entire bottle of powder (238ml) into a 32 oz. bottle of Sports Drink (or any other clear liquid). SHAKE well; this will form a slurry drink. Place in refrigerator and CHILL for 1 hour.
- 1 pm Drink an 8 oz. glass of the Miralax Mix Prep. Drink 8 oz. of clear liquids every hour after finishing Miralax Mix Prep to stay hydrated.
- 2 pm Drink an 8 oz. glass of the Miralax Mix Prep.
- 3 pm Drink an 8 oz. glass of the Miralax Mix Prep.
- 4 pm Drink an 8 oz. glass of the Miralax Mix Prep.
Take Bisacodyl 5mg tablets (all 4 tablets) with a glass of water.
- 6 pm Take 1st Dose of Antibiotics: 2 Neomycin tablets & 1 Flagyl tablet by mouth, and follow with one glass of water.
- 8 pm Take 2nd Dose of Antibiotics: 2 Neomycin tablets & 1 Flagyl tablet by mouth, and follow with one glass of water.