



Improve your outcome

Miralax and Dulcolax Bowel Prep for Surgery / Colonoscopy – Outpatient

PT: Thank you for scheduling your surgery with Dr. Kardys

******PER DR KARDYS – Patients must call the office after a colonoscopy, Flexible sigmoidoscopy or EGD & schedule a follow up Telmed visit 7-14 days after procedure .**

A bowel prep is done to clear the bowel of all solid matter. Its purpose is to prepare the bowel for surgery or a procedure. Please follow these instructions. Begin the bowel prep **one day before your scheduled procedure.**

To Prepare:

- **Very Important:** NO ASPIRIN OR ANY ANTI-INFLAMMATORY MEDICATIONS (ALEVE, ADVIL, MOTRIN, VITAMIN E, FISH OIL, OR **BLOOD THINNERS**). BEGINNING 7 DAYS PRIOR TO THE PROCEDURE. TYLENOL IS THE SAFEST MEDICATION TO TAKE. STOP ANY HERBAL MEDS (IE.: GINKOBA, GARLIC, GINSENG, ETC.)
- THE DAY OF THE PROCEDURE, IF NECESSARY, ONLY TAKE BLOOD PRESSURE MEDICATION WITH A SIP OF WATER & HOLD OFF ON ANY OTHER MEDS UNTIL AFTER THE PROCEDURE.
- Call the office if you are on any other kind of blood thinners.
- Ask your doctor if you should take any of your medicines the morning of your test. **If so,** take with sips of water only.
- One week before your test/ surgery:
 - **DO NOT TAKE** aspirin products or iron tablets
 - **DO NOT TAKE** fiber supplements like Metamucil, Citrucel, or Fiberall.
 - **DO NOT EAT** popcorn or any corn.
- **You will need these products from Grocery Store- (Sold over the counter) .**
- **MIRALAX 8.3 OZ BOTTLE** or 238g- powder
- **4 DULCOLAX OR BISACODYL TABLETS** (5 milligram tablets)
- **BUY 2- 32OZ BOTTLE OF SPORTS DRINK** such as Gatorade. **IF YOU HAVE DIABETES,** buy a low-calorie drink such as Crystal Light instead. **NO RED, PURPLE or ORANGE DRINKS.** This will be used to mix your Miralax the day before your test. **DO NOT USE CARBONATED BEVERAGES**

(There may be store brands of these products that cost less. Ask the pharmacist to help you find what you need.)

- Arrange to have an adult bring you to your appointment and take you home after your procedure.

On the day before your surgery/ Colonoscopy:

1. Drink only clear liquids – **ALL DAY LONG STARTING IN THE AM. AVOID all red- or purple-colored liquids. DO NOT EAT ANY SOLID FOODS or MILK PRODUCTS** until your procedure is complete.

Clear liquids:

- Water (plain, carbonated, or flavored)
 - Strained fruit juices (no pulp)
 - Popsicles
 - Ice
 - Soda pop (Sprite, 7up, or Ginger ale)
 - Gatorade or Powerade
 - Clear broth or bouillon
 - Jello
 - Kool Aid, or Crystal Lite
 - Coffee or Tea (NO MILK or CREAM)
 - No- Alcohol
 - No- Orange juice, tomato juice grapefruit juice
2. Follow the schedule in the tablet in the table below for your bowel prep. You may need to get to the toilet right away. You will have many bowel movements throughout the day. They will become very watery. The bowels are clear or clean when there is only pale-yellow fluid without flecks of stool.

1:00pm	Take 4 Dulcolax tablets with a drink of clear liquids.
2:00pm	Mix the 8.3 ounces small bottle of Miralax powder in 64- ounce bottle of Gatorade or other clear liquid of choice. Cap the bottle and shake the bottle to dissolve the powder. Liquid can be chilled if desired.
4:00pm	Start to drink the Miralax. Drink one glass every 10-15 minutes. Drink quickly rather than sipping small amounts. Finish drinking the liquid in 2 hours. Be sure to drink all the liquid.
12:00 midnight	DO NOT EAT or DRINK ANYTHING AFTER 12:00 MIDNIGHT. You may gargle but do not swallow any liquids. Do not smoke after midnight.

The morning of the procedure: On

- If you take high blood pressure medicines, take with small sip of water day of surgery.
- Bring all medicines you usually take (in original containers) to the hospital with you.
- You will need to have an adult with you to take you home after the procedure. You will **NOT** be able to leave by yourself.

Talk to your doctor or nurse if you may have any questions or concerns.

Your procedure is scheduled on:

Please arrive to admitting department @ Methodist Ambulatory Surgery Center @ Medical Center, 4411 Medical Drive 2ND Floor , Suite # 200, San Antonio, Texas 78229, T# 210-575-4731
Methodist Ambulatory Surgery Center @ North Central, 19010 Stone Oak Parkway, SA Tx, 78258, t# 210-575-5234 , OR Methodist Hospital (see map) , Methodist Endoscopy Center , 4499 Medical Drive, Methodist Plaza Building, Sublevel 1, San Antonio , Tx 78229 210-575-4999 OR Methodist Specialty & Transplant Hospital (see map) , OR Methodist Ambulatory Surgery Center @ Boerne, 110 Menger Springs, Boerne Tx, 78006 , T# 830-331-6006 , or Christus Santa Rosa Hospital @ West Over Hills (see map) , St. Luke's Baptist Hospital (see map) , Christus Surgery Center- Alamo Heights, 423 Treeline Park, Suite 202, SA TX 78209, T# 210-949-6000

Please arrive @

Questions: CHRIS PEREZ @ 210-614-0880

