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### **Bowel Preparation Instructions**

#### **Why do I need to follow these instructions carefully?**

Cleansing your bowels with Miralax and antibiotic pills before surgery decreases your risk of infection. Please read the entire document below about how to perform your bowel preparation correctly.

#### **What supplies do I need to prepare in advance?**

Get the following items from your pharmacy at least 3 days before surgery:

1. **Miralax 238 gram bottle** (You will need to mix this with 64oz of clear liquid).
2. **Neomycin and metronidazole antibiotics** (We will give you prescriptions for these.) You will get:
  - 6 (six) 500-milligram Neomycin tablets
  - 3 (three) 500-milligram metronidazole (Flagyl) tablets
3. **Clear liquid items** for your diet the day before surgery. You will need to mix the Miralax with 64oz of clear liquids, in addition to the other liquids you will be drinking. If you are diabetic, please get liquids that are low sugar or sugar-free. I strongly recommend clear liquids which contain electrolytes, such as Gatorade, Pedialyte, etc.
4. **Other items** that may be helpful include: drinking straw for drinking the prep fluid, baby wipes, TUCKS pads, etc. These are optional.

#### **Clear Liquids that you are allowed to have:**

- Water (plain, carbonated, or flavored)
- Sports drinks (such as Gatorade/Powerade)
- Clear broths (chicken, beef, vegetable)
- Jell-O (any color)
- Coffee and teas (without cream or milk added)
- Kool-Aid or Crystal Lite
- Apple juice, grape juice, cranberry juice (fruit juices without pulp)

#### **Items that are not allowed:**

- Milk, cream
- Juices with pulp, including orange juice, tomato juice, grapefruit juice
- Alcohol
- Any liquid you cannot see through
- Solid foods

#### **Avoiding Dehydration:**

You must drink at least 6 (six) large glasses (16oz or more) of clear liquids the day before surgery, in addition to the prep liquid and a clear liquid breakfast, lunch, and dinner. You may drink more, if you desire. This will prevent dehydration.

**Instructions for The Day Before Surgery:**

- 7 am:** Mix the Miralax with the 64oz of clear liquid. Put the Miralax bowel prep liquid in the refrigerator to chill. It is easier to drink when it's cold.
- 9 am - noon:** Drink the Miralax liquid. The correct way to do this is to quickly drink an 8-ounce glass every 10 minutes until it is completely gone.
- 1 pm:** Take neomycin (2 tablets/ 1 gram) and metronidazole (1 tablet/500mg).
- 2 pm:** Take neomycin (2 tablets/ 1 gram) and metronidazole (1 tablet/500mg).
- 2 pm - 6 pm:** Continue drinking 8 oz. clear liquids every hour to avoid dehydration.
- 6 pm :**Dinner: Clear liquid diet (any combination/any amount).
- 7 - 10 pm:** Drink 24 ounces of clears.
- 10 pm:** Take neomycin (2 tablets/1 gram) and metronidazole (1 tablet/500mg).
- 12 midnight:** Nothing to drink or eat after midnight

**Colon cleansing tips:**

1. Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.
2. Continue to drink the prep solution every 10-15 minutes, as directed. Drinking the Miralax cold (over ice or refrigerated) may be easier. Some people also find it easier to drink it with a straw.
3. Rarely, people may have nausea or vomiting with the prep. If this occurs, give yourself a 30-minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
4. It is common to experience abdominal discomfort until the stool has flushed from your colon (this may take 2 to 4 hours and sometimes much longer).
5. Anal skin irritation or a flare of hemorrhoid inflammation may occur. If this happens, treat it with over-the-counter-remedies, such as hydrocortisone cream, baby wipes, Vaseline, or TUCKS pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories. You may also consider sitting in a warm bathtub for 20 minutes to help with discomfort.

**Who do I call if I have questions?**

If you have questions or concerns, contact the office at 520-638-8311.

**Other things to remember:**

1. As strong as you are going into surgery, the easier your recovery will be. I encourage you to aim for 30 minutes of continuous activity daily prior to surgery to enhance your recovery. This could include something as simple as walking at a moderate pace, but it should be for 30 minutes straight. During the hot months, consider using places like an indoor mall to walk if you are concerned about heat intolerance.
2. For at least 5 days leading up to surgery, please ensure you are maintaining a healthy diet. Your body will need strong nutritional reserves to help heal. To help with this, use at least two 30g/serving protein shakes daily – consider Premier Protein, Ensure Max Protein, Boost Max Protein, Fairlife Protein Shakes, or making your own shakes or smoothies with protein powder.
3. You will need to continue to maintain a high protein diet for about 2-3 weeks after surgery while waiting for your appetite to return to normal. Stock up on lots of nutritious, high protein snacks as you will find a lot of small meals/snacks will be easier to maintain than 3 large meals. This should include 1-2 protein shakes per day.