

MARIETTA MEMORIAL HOSPITAL DEPARTMENT OF SURGERY

**Dr. Tuan Nguyen
400 Matthew Street Suite 401
Marietta, OH 45750
740-374-2252**

MIRALAX BOWEL PREP

*****You will need to purchase: four Dulcolax Laxative Tablets, one 64 ounce of Gatorade (any flavor but red, orange, or grape) and one 238 gm bottle of Miralax*****

THE DAY BEFORE YOUR PROCEDURE:

CLEAR LIQUIDS ALL DAY!

Breakfast, Lunch, and Dinner: All Clear Liquids – Clear soup broth, lemon or lime Jell-O, water, coffee or tea, 7-up, Sprite, Ginger Ale, banana popsicles, apple juice, white grape juice, white cranberry juice (**nothing red, orange or grape**). No milk or milk products. No alcohol.

****IF YOU ARE DIABETIC, PLEASE USE SUGAR FREE PRODUCTS.****

You will receive a phone call the day before your procedure for your arrival time after 1 p.m. If you are scheduled for a procedure on a Monday, they will call you the Friday before the procedure.

*******FOLLOW THESE STEPS*******

9 a.m.

****Take four Dulcolax Tablets with an 8-ounce glass of liquid.**

****Mix the MIRALAX with 64-ounces of Gatorade. Stir well or shake well until all is dissolved. Place in the refrigerator for later use.**

11 a.m.

****Drink an 8-ounce glass of the MIRALAX/Gatorade every 30 minutes until ALL the solution is gone.**

Drink at least three more 8-ounce glasses of clear liquids before bed.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT. THIS INCLUDES LIQUIDS, FOOD, BREATHE MINTS, AND CHEWING GUM.

Medications: Do not take Ibuprofen, Aleve, or any NSAIDS five days prior to your surgery. You may take Tylenol. If you use an inhaler, use it the morning of surgery and bring rescue inhaler.

DAY OF PROCEDURE:

- ✓ You may take necessary medications with a **sip** of water.
- ✓ IT IS VERY IMPORTANT TO HAVE SOMEONE DRIVE YOU HOME.



**MEMORIAL
HEALTH SYSTEM**
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