

# Miralax Bowel Prep For ERAS Colon Surgery

**Start the day before colon surgery**

Contents: Bisacodyl (Dulcolax) tabs (4)  
Polyethylene Glycol Powder (Miralax) 238 grams  
Neomycin Sulfate 500mg Tabs (6)  
Metronidazole 500mg Tabs (3)

## Day before surgery:

**Drink only clears, no solid food all day.**

**At 1pm & 2pm, take your antibiotics—Neomycin & Metronidazole**

**At 3 pm, take 2 Bisacodyl tablets. Mix the entire Miralax in 64 oz. of Gatorade (or Crystal Light) & drink over next 2 hours**

**At 7 pm, your stool should be watery, without particles**

If not, take the 2 more Bisacodyl

**At 10pm, take your last antibiotics - Neomycin & Metronidazole**

**DO NOT eat or drink anything after midnight.**

## The morning of surgery:

**Hydrate with 16 oz. of Gatorade or 8 oz. of water if diabetic before you arrive to the VA Hospital for surgery. Of your home morning medications, take only those listed by anesthesia pre-op nurse.**

**Questions call 205.933.8101 ext. 6080 or 6081**

## **CLEAR LIQUID DIET INCLUDES:**

**Black coffee (no cream or milk)**

**Tea (no cream or milk)**

**Carbonated drinks (not red or purple)**

**Strained fruit juices or drinks (no pulp or solid pieces)**

**Gatorade, Powerade (not red or purple)**

**Plain Jell-O (no fruit, not red or purple)**

**Hard Candy (do not crush)**

**Plain Water or Flavored Water (no red or purple)**

**Broth without solids (Chicken, Beef, Fish, Shrimp)**

**Popsicles (no red or purple)**