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Miralax Bowel Preparation for Surgery

Several Days Before Your Procedure

- Purchase Miralax Powder 8.3 ozs/238g over the counter.
- Purchase a package of Dulcolax tablets (laxatives) over the counter.
- The day before surgery, mix the entire bottle of Miralax with either 64 ounces of Gatorade or Crystal Light or any other clear liquid (no red). Put it in the refrigerator to chill.

The Day Before the Procedure

- Have a light breakfast prior to 8:00 am.
(For example, 1 egg and 1 piece of toast, or 2 eggs, or 2 pieces of toast or low fiber dry cereal, no meats, no oatmeal)
- Drink only clear liquids for the remainder of the day. Clear liquids include: water, soft drinks, juices without pulp or red dye, bouillon, black coffee and/or tea with no milk or cream, Jello (no red), popsicles (no red).
- 3:00 PM**
Take 4 Dulcolax tablets (laxatives.)
- 5:00 PM**
Begin drinking the Miralax mixture.
Drink about 8 ounces every 20-30 minutes.
If you feel nauseous, slow down and drink more slowly, or take a break for 30-60 minutes. It is not uncommon to feel nauseous, full or bloated during the preparation.

A physician is on call 24 hours a day to help you if you have any questions during your preparation.

**** Liquids and Foods NOT allowed the day before your procedure**

Cream, milk, dairy products

Solid foods except for a light breakfast at 8am

Alcoholic beverages

Non-prescription drugs/recreational drugs

Liquids which are not clear (for example orange juice)

Any liquids or jello that contain red dye