

Oral Bowel Preparation

- This preparation is for you if you are having the following types of surgery:
 - o Removal of any segment of the colon (segmental, right, left, sigmoid colectomy, low anterior resection, abdominoperineal resection)
 - o Rectopexy
 - o Parastomal hernia repair
 - o Creation of a colostomy

Bowel prep shopping list:

- Miralax 238 grams
- 64 ounces of Gatorade, Pedialyte, or similar electrolyte-enhanced beverage
- Disposable underwear, if desired

PREHABILITATION: Begin one week before the procedure:

- Begin drinking your protein supplements, with a goal of supplementing your usual diet with an extra 60-80 grams of protein daily. Premier Protein and Lean Body brands are affordable and low in carbohydrates in case you are counting carbs.

Mix your preparation in advance and refrigerate, if desired:

- **Miralax 238 grams + Gatorade/Pedialyte /similar 64 ounces.** Mix together. Do this a day or two in advance if you wish to refrigerate after mixing. You may request a Sutab (tablet) preparation prescription from the clinic as an alternative.)
- The day before the procedure, you may have a **Full Liquid Diet, bread, and pasta.**
- You should avoid high-roughage foods, especially nuts, seeds, and fruits and vegetables with skins. (Mashed potatoes are ok, but avoid eating the potato skin, for example. Avoid foods that are dense with fibrous roughage, such as pineapples).
- If you live far away from the hospital, you may wish to obtain **disposable underwear** for the drive after you do the bowel preparation.

The day before the procedure:

Procedure preparation:

- Drink the Miralax beverage over 2-6 hours as tolerated.
- You may drink more slowly if you become nauseated or bloated with drinking rapidly.
- You may continue your Full Liquid diet, including bread and pasta until midnight.
- Stop eating or drinking anything besides clear liquid after midnight.
- Do your first chlorhexidine bath and sleep on clean sheets.
- Follow any additional instructions provided by Nursing or Anesthesia.

The day of the procedure:

- Drink your CLEAR carbohydrate drink, as instructed. Then do not eat or drink anything else.
- Do your second chlorhexidine bath.
- Wear your disposable underwear on the drive to the hospital if you prefer.
- Follow any additional instructions provided by Nursing or Anesthesia