

Anorectal Surgery Bowel Preparation:

- The primary reason for bowel prepping for anorectal surgery is to minimize the risk of constipation after surgery, as it is very painful to have a hard bowel movement after hemorrhoid surgery.

Bowel prep shopping list:

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

Mix up your prep two days before the procedure, if you wish to refridgerate it:

- **Miralax 238 grams + Gatorade/Pedialyte /similar 64 ounces.**
- You may request a Sutab (tablet) preparation prescription from the clinic as an alternative to the liquid bowel preparation.
- The day before the procedure, you may have a regular diet.
- 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.
- Stop eating or drinking anything besides clear liquid after midnight.

The day of the procedure:

- Wear your disposable underwear on the drive to the hospital, if you prefer.