

The Day Before Surgery

Digestive Health

Remember, you should only drink clear liquids the entire day before your surgery.

The following liquids are considered clear:

- Broth/bouillon
- Coffee/tea (sugar or sweetener is allowed but no cream or milk)
- Clear fruit juices (apple, white grape and white cranberry - NO nectars, prune, tomato or pulp-containing juices)
- Fruit ice/sorbet/popsicles (avoid red)
- Gatorade (avoid red)
- Hard candy
- Jello-O (avoid red)

BOWEL PREP

If instructed, please take the following medications at the designated times. These are reserved only for certain procedures. Please ask your surgeon or nurse if you are to have a bowel prep.

8:00 am	Take 4 tablets of Dulcolax.
10:00 am	Mix the entire bottle of Miralax in 64 oz. of Gatorade (any flavor except red). Shake the solution until the Miralax is dissolved. Drink one 8 oz. glass (1 cup) of this solution every 20-30 minutes until the solution is gone.
2:00 pm	Take 2 tablets of Neomycin. Take 1 tablet of Flagyl (Metronidazole).
3:00 pm	Take 2 tablets of Neomycin. Take 1 tablet of Flagyl (Metronidazole).
10:00 pm	Take 2 tablets of Neomycin. Take 1 tablet of Flagyl (Metronidazole). Take two (2) 500 mg tablets of Tylenol®. Apply scopolamine patch behind ear.