

PREPARATION FOR COLON SURGERIES

You will need to purchase the following items:

- MiraLAX in large bottle (238 grams)
- 64-ounces bottle of Gatorade or Crystal light (any flavor-not red)
- Pick up your prescription for Neomycin and Flagyl antibiotics at your pharmacy

On the day before your test, drink only **clear liquids**. Examples include:

Water	Ginger Ale
Apple Juice	Gatorade
Popsicles	Jell-O Lemon, Orange or Lime
Sprite	Beef or Chicken Bouillon or Broth
7-Up	Crystal Light
Coffee (no milk or cream)	Tea

Follow the directions below:

8:00am	Mix the entire bottle of MiraLAX in 64 ounces of Gatorade or Crystal Light. Place in refrigerator.
9:00am	Begin drinking the MiraLAX mixture. Drink one glass every 10-15 minutes until it is all gone. You should finish it all within two hours. You may resume clear liquids.
1:00pm	Take Neomycin 500mg 2 tablets by mouth (prescription) Take Flagyl 500mg 1 tablet by mouth (prescription)
2:00pm	Take Neomycin 500mg 2 tablets by mouth (prescription) Take Flagyl 500mg 1 tablet by mouth (prescription)
9:00pm	Take Neomycin 500mg 2 tablets by mouth (prescription) Take Flagyl 500mg 1 tablet by mouth (prescription) Drink 16 oz. of Gatorade before Bedtime
3 Hours Before Surgery	May have clear liquids up to 3 Hours before surgery, then after that > Nothing else to eat or drink. Drink 16 oz. of Gatorade