

# Charles Street Obstetrics~Gynecology Associates, P.A.

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## **Bowel Prep and Liquid Diet Instructions**

- Start liquid diet 24 hours before procedure
- Follow bowel prep instructions the day before surgery

### **Bowel Prep:**

- At 12:00 PM take two Dulcolax laxative tablets, followed by plenty of fluids.
- At 2:00 PM mix the entire 238g bottle of Miralax (14 day supply) into a 32 oz bottle of Gatorade or Crystal Lite.
- Between 3:00 – 4:00 pm begin drinking the Miralax mixture, 8 oz. every hour until finished.
- Continue to consume clear liquids, as much as possible. This helps to finish the preparation and avoids dehydration.

### **Clear Liquid Diet Suggestions:**

#### **Allowed:**

- Water
- Clear broths
  - Chicken – no noodles or rice
  - Beef – no meat, vegetables or noodles
- Juices (apple, prune, grape, grapefruit, cranberry, Gatorade)
- Sodas
- Tea
- Coffee
- Clear Jell-O without fruit
- Popsicles
- Italian ice
- Salt, pepper, sugar may be used

#### **Not Allowed (Do NOT eat or drink any of these within 24 hrs of surgery):**

- Milk
- Cream
- Milkshakes
- Orange juice
- Tomato juice
- Any soups other than broth
- Oatmeal
- Yogurt

**\*\*You are allowed unlimited fluids until 12:00 midnight. Please drink as much fluid as possible to prevent dehydration.**