



Colorectal Center of San Diego, Inc.

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ABDOMINAL SURGERY PREP INSTRUCTIONS

PRE-OPERATIVE INSTRUCTIONS:

Surgery Date: _____ Scheduled Surgery Time: _____
Arrival/Check in Time: _____

Purchase at any Drug Store: One 510-530 gm bottle of Miralax® (over the counter), oral Dulcolax® tablets, 128 ounce bottle of Gatorade®

7 Days Prior to Surgery:

- Stop all aspirin and Ibuprofen medications containing aspirin, as well as any herbal supplements
- **Diabetic patients:** Please discuss adjustment of your medications that might be needed during prep with your Primary Care Physician.
- **Blood-thinning medications:** (such as Plavix, Aggrenox, Coumadin/ Warfarin, Eliquis, Pradaxa, or Heparin). It is essential that you consult with your surgeon for these adjustments and /or discontinuation.

1 Day before Your Surgery:

All Day

Have only non-alcoholic **CLEAR LIQUIDS** the entire day before your exam.

NO!!! Solid foods, milk or milk products are allowed.

Clear liquids include the following:

- Water, Gatorade and similar products
- Any clear juices or strained fruit juices without pulp (orange, apple, lemonade)
- Coffee or tea (without non-dairy creamer or milk)
- Clear chicken, beef or vegetable broth
- Jell-O or Popsicles

Do not take any of your medications within 2 hours, before or after, of taking the Miralax Solution.

Mix the entire Miralax® bottle with 128 ounces of Gatorade or juice and refrigerate in the morning (if you want it cold).

At 3 PM take 2 tablets of over-the-counter oral Dulcolax (or generic equivalent).

At 4 PM start drinking the Miralax solution. This requires drinking about 16 glasses of 8 ounces (one glassful) Miralax solution every 15-30 minutes. You must drink this amount over a 6-hour period; if you finish it before 6 hours, that is OK. You should start having liquid stools about one hour after drinking the first glass. Stay close to a bathroom facility. If you become nauseated or begin vomiting, stop taking the prep and discard the rest. Vomiting will cause you to become more dehydrated.

Continue drinking clear liquids until bedtime or Midnight, whichever comes first. We do not want you to become dehydrated.

Midnight

PLEASE DO NOT EAT OR DRINK AFTER MIDNIGHT...do not eat or drink anything the morning of your surgery except your medications with a few small sips of water. If your surgery is in the afternoon, stop drinking clear liquids 8 hours prior to your procedure.

The Day of Surgery

Please check in at the Hospital Admitting Desk/Registration Office at the arrival time given to you by nursing staff. Before you leave your home:

- Take your usual medications with a sip of water.
- Please bring a current list of your medications with you.
- Please bring your Photo ID and Insurance cards
- Please arrange for someone to be available to provide transportation when you are discharged from the hospital.
- Please bring these instructions and any instructions from Pre-Op Education for your reference.
- Please do NOT bring valuables (jewelry, cash, etc.)

If you have any questions, please contact our office staff at (760) 295-2924