



Preoperative and Postoperative Care Instructions

Modified Bowel Prep

The day before surgery:

- Eat a light breakfast and liquid lunch, (i.e. Boost, Ensure, Glucerna, etc.)
- Mix 3-4 doses of Miralax with a 20oz bottle of water and refrigerate.
- At noon take two 5mg bisacodyl tablets, (Dulcolax). Then drink the chilled Miralax water. It should be consumed within 20 minutes.
- Have only clear liquids, not red, for supper (i.e. apple juice, tea, bouillon, popsicles, jello).
- After the liquid dinner, drink two 10oz glasses of water around 8pm.
- Nothing by mouth after midnight.

Please contact our office if you have any questions or concerns.

(251) 424-1620