A bowel prep is done to clear the bowel of all solid matter. Its purpose is to prepare the bowel for surgery.

**Beginning ONE WEEK Before Your Surgery**
- Do not take any aspirin products or iron tablets.
- Do not take fiber supplements such as Metamucil, Citrucel, or Fiberall.
- Do not eat popcorn or any corn.

**A FEW DAYS Before Surgery, Buy The Following**
- Miralax in a large bottle (8.3 ounces or 238 grams)
- One (1) small box (4 tablets) of Dulcolax (bisacodyl)
- Large 64-ounce bottle of a sports drink such as Gatorade. Do not use carbonated beverages. This will be used to mix your Miralax the day before your surgery.
  Note: If you have diabetes, buy a no- or low-calorie drink such as Crystal Light instead.

**ONE DAY Before Your Surgery**

- **Step 1:** Beginning FIRST THING in the morning, start a CLEAR LIQUID DIET (see box).

- **Step 2:** At 1 p.m. take 4 Dulcolax (bisacodyl) tablets.

- **Step 3:** At 2 p.m. mix the Miralax in a 64-ounce bottle of Gatorade or other clear, uncarbonated liquid. Cap the bottle and shake until the powder dissolves. Place in the refrigerator if you want to drink it chilled.

- **Step 4:** At 4 p.m. start to drink the Miralax. Drink one glass every 10 to 15 minutes. Drink it quickly rather than sipping small amounts because it does not taste that good. Use a straw to help drink it more easily. Finish drinking the liquid in 2 hours. Be sure to drink all of the liquid.

- **Step 5:** Do not have anything more to eat or drink after midnight. You may gargle, but do not swallow any liquid. If you smoke, do not smoke after midnight.

Follow the schedule above for your bowel prep. You may need to get to the bathroom right away. You will have many bowel movements throughout the day. They will become very watery. The bowels are clear and clean when there is only pale yellow fluid without flecks of stool.

Call pre-admissions at 801-585-1449 after 2 p.m. the day before surgery to get your exact check-in time.