

**Colon and Rectal Surgeons of Kansas City
Bruce Graham, M.D., F.A.C.S, F.A.S.C.R.S.**

MiraLax Bowel Prep

Date _____ **Check-in Time** _____ **Procedure Time** _____

Hospital: Shawnee Mission Medical Center Main Entrance

Regarding Current Medication:

- Please **avoid all Aspirin** products and weight reducing medications or supplements **(7) days prior** to your procedure.
- After surgery you **must refrain from any Aspirin** products for **(3) weeks** following your procedure unless instructed otherwise by your physician.
- If you do not know if Aspirin or blood thinning agents are in the medication(s) you are taking, and to avoid any health risks, please consult the physician that prescribed the medication(s), or your pharmacist.

A list of commonly used Aspirin products will be included in your instructions.

Fasting For the Procedure:

Start Date: _____

- You **must** be on a clear liquid diet the **entire day** before your procedure.
Examples of clear liquids: water, 7-up, Sprite, chicken/beef broth, Gatorade, white grape juice, Jell-O, tea and coffee without cream or sugar. Please do not eat or drink anything colored **red or purple.
- Please drink plenty of fluids throughout the day. This will keep you hydrated and make the Bowel Prep easier for you.

Beginning your Bowel Prep:

Start Date: _____

- Please take **(4) Dulcolax** tablets at **10:00am**.
- Please mix **(238) grams** of **MiraLax** in **(64) ounces** of **Gatorade** and begin drinking this solution at **12:00pm and through 2:00pm**.
- If your stools **are not clear** by **6:00pm** please drink one **10 ounce** bottle of **Magnesium Citrate**. **Clear stools should look like urine without any fecal material. (Cherry or Grape flavored Magnesium Citrate is acceptable.)
- If you begin to **feel nauseous** wait **30-60 minutes**, then drink the remaining solution.
- You **can not** eat or drink anything after midnight.
- You must have a driver with you.
- If you are on Insulin, we ask that you hold your morning dose the day of your procedure. If you are taking Insulin more than once a day, please contact your primary care physician for further instructions regarding your Insulin dose.
- If you have any questions and/or need to schedule an appointment please call the office **(913)677-4010**.