

## Preparation for Bowel Surgery: MiraLAX®

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Day of Surgery: Arrive at: \_\_\_\_\_ am/pm

**Please check in at PACE/Day Stay located at 800 Prudential Drive, 1<sup>st</sup> Floor of the Heart Hospital**

Check the following as you complete the preparation:

- Eat a well-balanced diet., starting **6 weeks before surgery**, Drink plenty of water and fluids
- Drink 3 protein shakes(Ensure, Enlive, Ensure Plus or Boost Plus)throughout the day
- Your evening meal should be CLEAR LIQUIDS ONLY
- Do NOT **drink alcohol** for at least **24 hours before surgery**
- Do NOT **smoke/vape/chew tobacco** at least **24 hours before surgery**. It is recommended to stop at least **6 weeks prior** to surgery.

**Your prescriptions have been e-prescribed to:**

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Please follow the **CHECKED** prep below

\_\_\_\_\_ Start drinking clear liquids at 8am the day prior to your procedure. Examples of clear liquids are: Water, Jell-O, grape juice, apple juice, popsicles, black coffee, tea, water and clear broth. You may also drink 3 protein shakes throughout the day such as Ensure, Enlive, Ensure Plus or Boost Plus. Abstain from alcohol for at least **24 hours before surgery**

\_\_\_\_\_ 1 pm take the first dose of antibiotics (Erythromycin/Neomycin)

\_\_\_\_\_ 2 pm Take the second dose of antibiotics (Erythromycin/Neomycin)

\_\_\_\_\_ MiraLAX bowel prep beginning **3pm** the evening before surgery

- Mix 238 grams of MiraLAX in 64 oz of Gatorade
- Drink one 8 oz glass every 15-30 minutes until gone
- 1 hour later, take 2 Bisacodyl Tablets

\_\_\_\_\_ 10 pm Take the third dose of antibiotics (Erythromycin/Neomycin)

**DO NOT** eat anything including solid foods, protein shakes, creamer, milk, gum, candy, or mints **after the midnight before** your procedure or surgery. You may drink only clear liquids: (water, flavored water, apple juice, cranberry juice (no pulp), black coffee (nothing added) or tea (nothing added) after **midnight until 2 hours prior to your arrival time** for surgery. If Baptist Health has given you a **pre-surgery drink, finish contents 2 hours prior to your scheduled arrival time**. Finish contents within 10 minutes. If you become nauseated, stop drinking. NOTE: **Do not drink any other fluids after you finish the pre-surgery drink**. If not given a pre-surgery drink, stop drinking clear liquids 2 hours prior to scheduled arrival time. **Stop drinking liquids at \_\_\_\_\_, which is 2 hours prior to your scheduled arrival time**. You can brush your teeth but do not swallow any water.

### **Medication to take the morning of surgery**

You will be instructed at your PACE appointment which medications to take the day of surgery. Ask: 1) Which medications to take, 2) when to take them, 3) how to take them. Make sure you ask about diabetes medication, blood thinners (anticoagulants), vitamins, herbs, supplements. Depending on your situation, you may need to stop taking some medications several days or weeks before surgery. If you are told to take medications the morning of surgery, you may have only enough water to swallow the medication.

**\*\*\* Any instructions our office provides supersedes those provided by PACE. \*\*\***

### **Showering Instructions**

Please bathe with Hibiclens (4% chlorhexidine). This skin cleanser will help reduce the concentration of bacteria on your skin before surgery and reduce your risk of infection. As indicated below, **do not** apply the Hibiclens above the level of your neck, as it can be irritating to your eyes.

### **Purchasing Information**

Hibiclens (4% chlorhexidine) is available **without a prescription** at most retail pharmacies. Retail pharmacies may offer these products under different brand names, so be sure to verify with a pharmacist that you are selecting the correct product.

**Purchase two (2) 8oz bottles**

### **Instructions for Hibiclens (4% chlorhexidine shower) use:**

You will perform a Hibiclens shower twice:

1. The night prior to your operation, and
2. The morning of your operation at home.

## **Repeat the instructions below for each Hibiclens shower.**

1. Bathe your entire body surface (except the face and scalp). Prior to using the hibiclens you may use an antibacterial soap
2. Do not apply to face or scalp, as Hibiclens can irritate your eyes
3. You may use a clean washcloth with Hibiclens to bathe (Note: These products may permanently stain fabrics)
4. After rinsing thoroughly, dry off with a clean towel.
5. Repeat this process in the morning at home prior to coming to the hospital.  
In the evening, 2 hours after your Hibiclens shower, use the chlorhexidine wipes.  
*These will be provided at your PACE visit. Follow the printed instructions.*

## **Evening before/Morning of surgery**

- Apply clean bed linens
- Wash your hair. **Do not wash your hair the morning of surgery.**
- Put on clean pajamas. **\*\*Do not apply any lotions or oils to the skin except for the face\*\***
- Do **NOT** use a razor to shave legs or remove hair from surgical site. This could cause irritation.

After checking into the hospital, your nurse will have you apply the second application of 2% chlorhexidine wipes. The nurse will have you put on a clean hospital gown. The nurse will have you use an oral rinse to cleanse the mouth. The nurse will have you use antiseptic swabs to cleanse both nostrils **\*\*\*\*Please let the nurse know if you have any allergies to betadine, iodine or shellfish\*\*\*\***

## **Transportation**

A designated driver (family member or friend) may need to drive you home upon discharge.

**You cannot undergo the operation without a designated driver.**

## **Clothing**

Wear loose comfortable clothing. A minimal amount of makeup is OK. You must remove contact lenses, false eyelashes, artificial limbs, tampons, hairpins, hair decorations, rings, watches and other jewelry. You may wear dentures, eyeglasses, hearing aids and wigs to surgery, holding area.

**Valuables:** Please leave all valuables (rings, watches and other jewelry, ect) at home

# Patient Education



**Questions:** Please call our Nurse Triage line at **(904) 202-7300 Option 4** or your clinic nurse, 8 a.m. to 5 p.m. Monday through Friday and (904) 202-7300 after hours, holidays, and weekends.

Reviewed 1/2020