**BOWEL PREP FOR SURGERY**

*The day before your surgery:*

Take only clear liquids the day before surgery starting at midnight

3PM: take 2 dulcolax tablets

5PM: take 2 dulcolax tablets

7PM: Do not begin later than 7pm

* Mix entire bottle of miralax (119 grams)
* With 64oz of crystal light, drink one 8oz glass every 10-15minutes until solution is finished

Clear Liquids include all of the following that are not colored red or purple: strained food juices without pulp such as apple or white grape, lemonade, water, clear broth or bouillon, coffee or tea (without cream), Gatorade, soft drinks, KoolAid, plain jello and ice opsicles