

Fertility & Midwifery Care Center



Preparation of the Bowel for Gynecologic Surgery

It is critical to properly prepare the intestinal tract before your surgery. This is done to make manipulating or positioning the intestinal track during the surgery easier. Most importantly, this bowel preparation regimen would allow for the safe repair of a bowel injury should it occur during the surgery.

On the day before your surgery you are to have only **clear liquids**. Examples include juice, tea, coffee, carbonated beverages, gelatin, popsicles, sport beverages and bouillon. ***Specifically, do not consume any milk, dairy or RED products.***

- ♦ At **1:00 p.m.** on the day before your surgery take four (4) Dulcolax® tablets. Dulcolax® may be purchased without a prescription and found at most pharmacies.
- ♦ At **2:00 p.m.** mix Miralax® 238 grams into 64 ounces of water or Gatorade® and drink one (1) eight (8) ounce glass of the mixture every 30 minutes. This should require approximately four (4) hours to consume the entire mixture. Please do your best to drink all of the mixture if possible. At some point during the four hours you will begin experiencing bowel movements of soft stool and likely diarrhea later. This will likely continue for several hours.
- ♦ **After midnight**, you are to have nothing to eat or drink. You may be instructed to take any medications you regularly take with a small amount of water the morning of your surgery. If you take insulin for diabetes, please make certain you understand how Drs. Stroud and Martin want you to manage this medication on the morning of your surgery.