

Preparing for Gynecologic Surgery: Bowel Prep

As part of your surgery, you may need surgery on your colon, also called your bowel. It is important that no solid material be in your colon. This factsheet gives step-by-step instructions to get ready for surgery.

Beginning One Week Before Surgery

- Do not take aspirin, vitamins, or supplements.

Three Days Before Surgery

Three days before your surgery, do not take:

- Medicines that have non-steroidal anti-inflammatory drugs (NSAIDS) such as ibuprofen or naproxen. Check with your team if you have any questions about specific medicines you wish to take.

Your surgery team will send prescriptions for neomycin, Flagyl® (metronidazole), and Zofran to your pharmacy. Be sure to pick them up.

Buy these items over-the-counter at a pharmacy or grocery store. You will need them the day before surgery:

- MiraLAX® – Be sure to get a bottle that holds 4.1 ounces or 119 grams.
- Dulcolax® (bisacodyl) – 2 tablets
- Sports drink such as Gatorade® – 64-ounce bottle. Do not use carbonated drinks. If you have diabetes, buy a no- or low-calorie drink such as Crystal Light®.

Also be sure you have or buy what you need from the clear liquid diet listed in the next column.

One Day Before Surgery

It is very important to follow all of the steps listed. You will have many watery bowel movements. You may need to get to the bathroom quickly. Your colon is clean when your stool is pale yellow fluid with no solid pieces.

- Do not use tobacco or e-cigarettes, marijuana, illegal drugs or alcohol for 24 hours prior to your surgery. These can make your surgery very dangerous.

- First thing in the morning, start a **clear liquid diet**. Eat or drink only these foods that day:
 - Broth: Beef, chicken, or vegetable
 - Coffee (without milk)
 - Gelatin (without fruit)
 - Juice: white grape, apple, or no-pulp lemonade
 - Popsicles (without fruit or cream)
 - Sodas: diet or regular
 - Sports drinks
 - Tea (without milk)
 - Water

Noon. Take 4 mg Zofran and then every 8 hours for nausea if you need it.

1 p.m. Take 2 Dulcolax (bisacodyl) tablets.

2 p.m. Mix all of the 4.15 oz or 119 grams of the MiraLAX in a 64-ounce bottle of Gatorade or other clear, uncarbonated drink. Cap the bottle and shake until the powder dissolves. Refrigerate if you want it cold.

After 2 p.m. Call 801-587-4300 to get your exact check-in time for surgery.

4 p.m. Start to drink the MiraLAX. Drink one glass every 10-15 minutes. It may be easier to drink it quickly instead of sip. Using a straw also helps. Finish ALL the MiraLAX in 2-4 hours.

5 p.m. Take 2 neomycin tablets and 1 Flagyl (metronidazole) tablet.

7 p.m. Take 2 neomycin tablets and 1 Flagyl (metronidazole) tablet.

9 p.m. Take 2 neomycin tablets and 1 Flagyl (metronidazole) tablet.

After midnight

- Do not have anything to eat or drink. You may gargle or rinse your mouth, but do not swallow any liquid.