

Roux-en-Y Gastric Bypass Bowel Prep

SHOPPING LIST

The MiraLAX Preparation requires a total of 2 different Laxatives:

1. One bottle of **MiraLAX (238 gram bottle)** to be purchased at your pharmacy.
2. One 64 ounce bottle (2L) of green, yellow or clear Gatorade, Propel or Crystal Light to mix the MiraLAX in. *DO NOT get a red, orange or purple liquid.*
3. **60 ml of Mineral Oil** for oral ingestion (*may taste better when refrigerated*)

IF YOU ARE ON THE 10 DAY LIQUID DIET

- **ONLY clear liquids** on the day before surgery (no dairy products)
 - Drink a lot of clear liquids (water based) all day long - aim for more than 64 ounces/day
- **At 2:00 PM** Mix the entire bottle of MiraLAX in 64 oz (*a 2L bottle*) of a clear liquid of your choice.
 - *No red, orange or purple liquid.* Mix until completely dissolved.
 - Drink ½ the bottle of this mixture at the rate of one 8 ounce glass every 15-30 minutes until half the bottle is gone.
- You can expect to have multiple bowel movements soon after. Continue to drink clear liquids all evening.
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- **At 4:00 PM** Drink the rest of the MiraLAX mixture at the rate of one 8 ounce glass every 15-30 minutes until it is entirely gone.
- Drink 3 more 8 ounce glasses of clear liquid over the next hour.
- Expect to have another series of bowel movements, the color of urine.
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- **At 8:00 PM** take 60 ml of mineral oil
- Try to get some sleep. **DO NOT DRINK** anything after midnight. **YOU MUST** stop drinking at least 6

IF YOU ARE NOT ON THE 10 DAY LIQUID DIET

1. **3 Days before Surgery - START clear liquids ONLY** (no dairy products)
 - Drink a lot of clear liquids (water based) all day long - aim for at least 64 ounces/day
2. **At 2:00 PM** Mix the entire bottle of MiraLAX in 64 oz (*a 2L bottle*) of a clear liquid of your choice.
 - *No red, orange or purple liquid.* Mix until completely dissolved.
 - Drink ½ the bottle of this mixture at the rate of one 8 ounce glass every 15-30 minutes until half the bottle is gone.
3. You can expect to have multiple bowel movements soon after. Continue to drink clear liquids all evening.
4. **At 4:00 PM** Drink the rest of the MiraLAX mixture at the rate of one 8 ounce glass every 15-30 minutes until it is entirely gone.
5. Drink 3 more 8 ounce glasses of clear liquid over the next hour.
6. Expect to have another series of bowel movements, the color of urine.
7. **At 8:00 PM** take 60 ml of mineral oil
8. Try to get some sleep. **DO NOT DRINK** anything after midnight. **YOU MUST** stop drinking at least 6 hours prior to surgery.