

Keck School of Medicine of USC

Preparation for Surgery – Miralax

Kyle G. Cologne, MD

Here at USC, we have a cutting edge program designed to help you get better faster. It involves a combination of improved pain control, early walking and activity after surgery, and starting a diet on the evening of surgery or the next day. Only about 30% of hospitals use enhanced recovery programs, but studies have shown it can decrease the time you spend in the hospital by 1-2 days. This means you are back at home with your family faster, and on the road to recovery. Use of this type of protocol has also been shown to decrease complication rates by up to 50%.

What follows are some instructions and a brief outline of the components of this enhanced recovery protocol. For further information and to see a short video on this topic, visit:

<http://www.surgery.usc.edu/colorectal/treatments-enhancedrecoveryprotocol.html>

If you have questions on this, please do not hesitate to contact our office.

Warmest personal regards,



Kyle G. Cologne, M.D.



THE FOLLOWING ITEMS NEED TO BE PURCHASED AT A PHARMACY:

- Miralax, 238 gram bottle (to clean out)
- 64 ounces of Gatorade or Crystal light (no purple or red colors)
- Antibiotics: Neomycin and Flagyl (to reduce risk of infection)

THE FOLLOWING ITEMS WILL BE GIVEN TO YOU AT START (OR NEED TO BE PURCHASED SEPARATELY):

- Carbohydrate loading beverage powder (G.E.D.) To reduce “stress/sugar” response
- Chlorhexidine soap solution / shower kit

ONE WEEK PRIOR TO YOUR PROCEDURE:

- Do not take aspirin, aspirin products, or non-steroidal anti-inflammatory medication. (This includes Advil, Aleve, Motrin, Excedrin, etc). Tylenol is ok to take.
- If you are on Coumadin, Plavix, Lovenox, Xeralto, Eliquis, Pradaxa, or other blood thinners. These will need to be stopped prior to surgery.
- If you are diabetic, you may need to adjust your medication. Check with your family doctor. This is particularly important if you take insulin. You should receive additional instructions during your preop START clinic appointment at USC.
- If you are taking Glucophage (Metformin), please stop this one day prior to the procedure



FIVE DAYS BEFORE YOUR PROCEDURE

- Do not eat nuts, seeds, popcorn, or corn.



ONE DAY BEFORE YOUR PROCEDURE

- Begin a **clear liquid diet** starting in the morning. This includes:
 - Soups: Clear Bouillon, broth
 - Beverages: Kool-Aid, Juices: Strained lemonade, orange drink, apple juice
 - Dessert: Water ices, Italian ices, popsicles, Jell-O
- Begin drinking the Miralax between 3 and 6 pm.
 - Mix the entire 238 gram bottle of Miralax with 64 oz. of Gatorade or Crystal Light. Do not use any other beverage.
 - Shake the solution until the powder is dissolved
 - Drink one (1) 8 oz. glass over 10-15 minutes until all of the liquid is gone
- You may continue on clear liquids until midnight. After midnight, nothing to EAT (drinking Gatorade only is still allowed).



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- You may get instructions from START clinic of use of carbohydrate beverage prior to surgery (G.E.D). This may also be mixed with the Gatorade or Crystal Light.
- Take the antibiotics prescribed (Neomycin and Flagyl) as directed.

DAY OF YOUR PROCEDURE:

Monday	Tuesday	Wednesday	Thursday	Friday
X	X			

- **AFTER MIDNIGHT: ONLY GATORADE is allowed.**
You may drink this *up until the time you are scheduled to arrive at the hospital* (which is about 2 hours before scheduled surgery time). After this scheduled arrival time, Nothing to Drink.
- If you take blood pressure or heart medicine in the morning, please take these like normal (with just a sip of water or clear Gatorade)
- **DO NOT TAKE ANY OF THE FOLLOWING: Coffee, Tea, Milk, Protein Shakes, ORANGE JUICE (ONLY GATORADE is allowed)**

If you have any questions, please call (323) 865-3690