

Sleeve Gastrectomy Bowel Prep

TWO DAYS BEFORE SURGERY -----

- ❑ If you are already on the 10 day liquid diet stay with that; otherwise, start on clear liquids for dinner (that is anything you can see through like juice, water, broth, Jell-o etc., see your diet guide for more suggestions).
- ❑ **No CARBONATED beverages**
- ❑ Stay on your particular diet for the remainder of the day.

ONE DAY BEFORE SURGERY -----

Stay on your particular diet for the entire day. No CARBONATED beverages allowed.

We recommend that you purchase ahead of time the **Mira-Lax and Dulcolax tabs** (over the counter). We also recommend starting the bowel prep early in the day (Around noon is fine but no later than 3pm).

1. Start by taking 4 **Dulcolax tabs**.
2. 1 hour later mix the entire 8.3 oz bottle of **Mira-Lax** with 64oz of Gatorade or Crystal-Light. (If you are on the 10-day liquid diet it will need to be diet Gatorade). You **must** drink the entire 64oz mixture. If you are unable to complete the entire 64oz, you will need to call the doctor for further instructions.
3. 2 hours later take 4 more **Dulcolax tabs**.

*****Nothing to Eat or Drink After Midnight *****

THE MORNING OF SURGERY -----

Take your blood pressure, heart, asthma and any other medications as directed by your surgeon with a very small sip of water. Also, if you are a Diabetic check your blood sugar and if it is less than 200 **take nothing**

Remember to bring all your meds with you. We want them available if needed!

As always if you have any questions throughout this whole process please, give us a call. There is a nurse here 24/7 to answer any questions.