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*General & Vascular Surgery*

## **Bowel Prep**

(ADMIT DAY OF SURGERY)

Date to begin bowel prep: \_\_\_\_\_

### **Day 1:**

Diet – Full Liquids

\_\_\_\_\_ mix “1” 8 ounce glass of any clear liquid with a full capful of Miralax.  
Stir until dissolved then drink. Repeat every 30 minutes until you drink 10 glasses.

### **Day 2:**

Diet – Clear Liquids Only

\_\_\_\_\_ mix “1” 8 ounce glass of clear liquid with a full capful of Miralax.  
Stir until dissolved then drink. Repeat every 30 minutes until you drink 10 glasses.  
Mix 1 bottle of lemon flavored magnesium citrate with a clear liquid and drink at  
3:00p.m.

Take Prescriptions given to you by Dr. Hassan

Night before surgery give yourself an enema.