

**KENNY R. SINERVO, MD FRCSC LLC**  
**Center for Endometriosis Care**



**A COEMIG-Designated Center of Excellence in Minimally Invasive Gynecologic Surgery**

**A Center of Expertise in Endometriosis**

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**CENTER FOR ENDOMETRIOSIS CARE**  
**BOWEL PREP INSTRUCTIONS**

**The day before your procedure, you may have a light breakfast and then liquids only for the remainder of the day. Drink plenty of clear liquids, at least 8 oz every hour to avoid dehydration.**

**Acceptable liquids:**

Chicken or beef broth or bouillon (low sodium preferred)

Water

Coffee, tea – black, no milk or non-dairy creamer

Popsicles without added fruit pieces or dairy (any flavor)

Clear fruit juices (e.g. apple, white grape)

Jell-O (no fruit pieces or dairy added)

**Prep Kit:**

Option 1: Purchase 4 Dulcolax Laxative tablets; 64 oz of Gatorade, PowerAde (any color) or coconut water; an 8.3oz (238g) bottle of Miralax; and a Fleet Enema at your local pharmacy. No prescriptions are necessary for these items.

Option 2: For your convenience, we have these items available for you to purchase at our office. The cost of the prep is \$15.00.

**Instructions:**

1. **Mix** the entire bottle of 238g Miralax powder with the 64oz of Gatorade, PowerAde or coconut water.
2. At **3:00pm** the day before your procedure, **take** 2 Dulcolax tablets by mouth.
3. At **5:00pm** the day before your procedure, **drink** 1 8oz glass of Gatorade/Miralax; **repeat every 15 minutes** until you have finished the 64oz bottle of Gatorade and Miralax (this should take approximately 2 hours).
4. At 8:00pm, take 2 more Dulcolax tablet.
5. Nothing to drink after MIDNIGHT.
6. **Use the Fleet Enema at least one hour before leaving for the hospital.** While sitting on the toilet, insert the enema into the rectum and give one squeeze, only once, and immediately remove and let it flush out.
7. If you tend to be constipated or have chronic constipation it may take a bit longer for the prep to work. ***You may want to move the schedule up by 2 hours in that case.***

**Be sure to check out our website for tips and suggestions**

<http://centerforendo.com/traveling-to-cec/#reservations-1>

**For tips about bowel prep and before/after surgery**

<http://endometriosis.org/resources/articles/how-to-survive-a-bowel-preparation>

<http://centerforendo.com/postopcon>