

Home Bowel Preparation

The day before your scheduled surgery, you'll come to Gillette Children's Specialty Healthcare for a "bowel prep." To make sure the bowel prep goes well, it's important to follow these guidelines for home bowel prep the day before you come to the hospital.

1. Eat a low-fiber, low-residue diet (see enclosed diet information)
2. Give a Fleet™ enema (follow directions on the enema) between 3 p.m. and 4 p.m. If you are currently using another enema program, please give the enema that night (even if it is not the scheduled day).
3. Give Miralax™ using the following guidelines:

3-6 years old

2 teaspoons mixed in 4 ounces of water each night for four consecutive nights before coming to the hospital.

6 years and older

1 heaping tablespoon mixed in 8 ounces of water each night for four consecutive nights before coming to the hospital

Example: Hospital admission is January 5 with surgery January 6. Give Miralax January 1-4.

Miralax is a prescription medicine that you can purchase at your pharmacy. Miralax is a laxative that will promote bowel movements/cleaning out of the bowel. Read Miralax pharmacy insert for more information. Common side effects may include bloating, flatulence, intestinal cramping, nausea and diarrhea.

Only clear liquids such as water or apple juice may be taken the morning you come to the hospital for the bowel prep. You will be on clear liquids that day, anyway.

If possible, try to get to bed early the night before you come to the hospital. Sometimes being at the hospital for bowel prep can be a long day. Being well rested can help.

[Make An Appointment 651-290-8707](#) [Refer a Patient 651-325-2200](#)