

Bowel prep at home prior to hospital bowel prep

Your son/daughter will soon be coming to the hospital for a bowel prep the day before their scheduled surgery. In order to make the hospital bowel prep go more smoothly, we are asking that you follow the enclosed guidelines for a “home bowel prep” the day before coming to the hospital.

- 1) Eat a low fiber, low residue diet (see enclosed diet information)
- 2) Give a fleets enema the evening before. If you are currently using another enema program, please give the enema that night (even if it is not the scheduled day to do it).
- 3) Give Miralax under the following guidelines:
3 - 6 years old: 2 teaspoons mixed in 4 ounces of water each night for the 4 consecutive nights before coming to the hospital.

Over 6 years old: 1 heaping tablespoon mixed in 8 ounces of water each night for the four consecutive nights before coming to the hospital.

Example: Hospital admission is January 5th with surgery January 6th. Miralax should be given January 1st - 4th.

Miralax is a prescription medication that may be purchased at your pharmacy.

Please only give your child clear liquids the morning you come to the hospital for the bowel prep. He/she will be on clear liquids that day, anyway! If possible, try to have your child go to bed early the night before coming to the hospital. Sometimes the hospital bowel prep gets to be a long day and may not be very pleasant. They will hopefully handle the day better if they are well rested!

