

Whipple Bowel Preparation

What You Will Need

- One bottle (8.3 ounces/238 grams) of Miralax® powder.
- Sports drink like Gatorade® or Powerade® - **32 ounces**. Avoid red-colored sports drinks and mixes. (If you have diabetes, use a low-sugar version like G2® or Powerade Zero®. If you don't like sports drinks, mix 32 ounces of water with Crystal Light® powder.)

Directions for mixing: Mix ½ bottle of Miralax® powder with 32 ounces of Gatorade®. Use a pitcher or mix it in the Gatorade® bottle. Stir/Shake until the entire contents of Miralax® are completely dissolved. Store in the refrigerator – cold mixture may be easier to drink.

Directions: Day Before Surgery

1. After you have breakfast, you will be on a clear liquid diet for the rest of the day. Clear Liquids are those you can see through at room temperature (about 72°-78°). See below for a list of clear liquids.
2. **12:00 p.m. (noon):** Start drinking the Miralax/Gatorade mixture. Drink one 8 ounce glass every 15 to 30 minutes until it is gone. Drink it slowly to prevent an upset stomach. If it helps, you can use a straw. Note: If you are at work and can't start drinking the mixture at noon, start it when you get home. It should take about 2 hours to drink all of the mixture.
3. **12:00 a.m. (midnight): Do not eat or drink anything after midnight.**

Clear Liquids - Avoid fluids that are red or purple.

- Soft drinks (orange, ginger ale, cola, lemon/lime, etc.), water, flavored waters
- Gatorade® or Kool-Aid®
- Strained fruit juice without pulp (apple or lemonade)
- Tea or coffee (may add sugar, but **no** milk or creamer)
- Broth or bouillon - no noodles, rice, meats or vegetables
- Hard candy
- Jell-O® (no fruit toppings or whipped cream)
- Popsicles or lemon ice (no sherbets or fruit bars)