

## Shopping List: Surgery Prep

### Necessary items

- MiraLAX, one bottle (238 grams)
- Bisacodyl (Dulcolax), four tablets
- Clear liquid (two 64-ounce bottles)
  - Suggestions: Gatorade (Gatorade G2 if you need low sugar), apple juice
- Neomycin, 6 tablets (500 mg each; by prescription)
- Flagyl (Metronidazole), 6 tablets (500 mg each; by prescription)



### Suggested items

#### Soups

- Clear broth, bouillon, consommé
- Avoid:** soup with particles of food, cream soups



#### Sweets

- Gelatin, such as Jell-O®
- Flavored ices
- Hard candies, such as Life Savers®
- Avoid:** red, purple, and blue sweets



#### Drinks

- Clear fruit juices, such as apple, white cranberry, lemonade, or white grape
- Soda, i.e. ginger ale, or seltzer
- Gatorade® Powerade®
- Black coffee
- Tea
- Water
- Avoid:** juiced with pulp, nectars, milk or cream, alcohol, red/purple/blue drinks

