

BOWEL PREPARATION INSTRUCTIONS **Picoprep**

Proper bowel preparation is extremely important prior to your surgery. The large intestine must be clear for the doctor and the following instructions are designed to achieve this.

STOP ASPIRIN ONE WEEK BEFORE YOUR OPERATION DATE, PANADOL MAY BE TAKEN IF NECESSARY.

Avoid high fibre foods such as cereals and fruit for two days before procedure.

1 DAY BEFORE PROCEDURE

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| 7.00am | - Have a light breakfast – tea & toast (white bread only). |
| 10.00am | - 1 sachet of Picoprep in a large glass of cold water (approximately 250mL). Stir gently until effervescence ceases. Drink at least 1 litre of clear fluids. |
| 12.00 noon | - Lunch – clear fluids only. This may be soup, broth only, jelly, clear juices (no pulp). |
| 6.00pm | - Dinner – as above for lunch. |

DAY OF PROCEDURE

If your operation is in the morning, you may take regular medications with a sip of water only.

If your operation is in the afternoon, take clear fluids only, but remember you must have nothing to eat or drink 6 hours prior to your operation time. Please check this with us or look on your admission form.

BOWEL PREP FOOD GUIDE

Your surgeon has advised that you require bowel prep for your operation. To make this as gentle as possible it is requested that you commence a low residue diet 2 days before taking the bowel prep.

Select from the following list:-

Breads & Cereals:

Choose white bread, refined breakfast cereals such as rice bubbles, corn flakes, semolina, plain cakes and biscuits made with plain flour, white rice and pasta made with white flour.

Fruit & Vegetables:

Choose boiled or mashed potato, pumpkin, marrow, squash, apples, peaches, pears, pawpaw and rock melon. Avoid eating the skin and seeds.

Meat Group:

Choose lean tender beef, veal, lamb, pork, poultry, fish and eggs.

Milk Group:

Avoid any milk group foods with a high fat content. Have trim milk, low fat cheese and yoghurt etc.

Butter Group:

Have only minimal serves of butter, margarine, cream and sour cream.

Sweets, Dessert & Beverages:

Choose jelly, honey, white sugar, jam without seeds or skin, tea or coffee, apple juice, soft drinks and strained fruit juice.

On the day of the bowel prep you must commence clear fluids only including black tea/coffee, water, jelly, Bonox, beef tea, soft drinks, strained fruit juice, clear apple juice, and strained clear soups.

If you have any questions regarding your preparation, please contact the rooms on 07 3844 9932 or
Email: welcome@gyon.com.au