

## **BOWEL PREPARATION AFTERNOON PROCEDURE**

*The aim of the preparation is to clean the large bowel thoroughly. You will find that diarrhoea will begin one to two hours after commencement of the bowel preparation medications. At completion of the preparation, liquid bowel motions may be light brown, green or yellow in colour with a small amount of debris – this is satisfactory.*

---

### **ADMISSION DETAILS**

Your Procedure: \_\_\_\_\_

Date: \_\_\_\_\_ Admission time: \_\_\_\_\_

Hospital: \_\_\_\_\_

Your anaesthetist is: \_\_\_\_\_ Phone \_\_\_\_\_

*If you are having day surgery you will not be able to drive home, please arrange for someone to drive you home after your procedure. It is essential you have a responsible adult present for the next 24 hours.*

---

### **MEDICATIONS**

PLEASE TAKE ALL YOUR REGULAR MEDICATIONS except for the following:

- Clopidogrel (Plavix, Iscover, Clopidogrel Plus, Coplavix, Duo Cover) • Dabiatran (Pradaxa)
- Rivaroxaban (Xarelto) • Apixaban (Eliquis) • All other anticoagulants

\_\_\_\_\_ STOP ON \_\_\_\_\_ LAST DOSE ON \_\_\_\_\_

**Aspirin** should be stopped 10 days prior to your procedure, unless otherwise instructed by your doctor.

**All natural remedies** should be stopped 7 days prior:

- Fish oil • Krill oil • Glucosamine

**Iron** should be stopped 5 days prior.

**Warfarin** should be stopped 4 days prior unless otherwise instructed by your doctor.

**Non-steroidal anti-inflammatory** medication should be stopped 2 days prior:

- Nurofen/Ibuprofen • Indocid • Celebrex • Mobic • Voltaran

**Diuretics** should not be taken on the morning of your procedure including:

- Frusemide • Spironolactone

If you have diabetes please refer to the separate DIABETIC MEDICATION pages for instructions.

## **BOWEL PREPARTION TIMES**

### **2 DAYS BEFORE:**

Please only eat a LOW FIBRE DIET this day (See ALLOWED list below):

White bread – fresh or lightly toasted • Butter / margarine • Vegemite, honey • Yoghurt – low fat, plain or vanilla • White cheese ie cottage, feta, ricotta • Eggs – scrambled, poached or boiled • Chicken – skinless • Fish – skinless. • Potato – peeled and cooked • Pumpkin – peeled and cooked • Plain biscuits – Jatz, Arrowroot

*Milk is allowed including milk substitutes*

---

### **DAY BEFORE:**

Please continue LOW FIBRE DIET until **11am**.

Then commence with CLEAR FLUIDS (yellow, orange, brown colourings) (See ALLOWED list below):

• Water • Clear broth, stock cubes in water • Cordial • Fruit juice – strained, without pulp or seeds ie clear apple • Teaspoon of Bonox or Vegemite in hot water • Black tea, herbal tea or coffee • Sugar, honey or artificial sweeteners are allowed • Plain jelly – without fruit • Clear ice blocks – lemon sorbet • Sports drinks or gastrolyte. • Soda water, mineral water, lemonade • You may suck on barley sweets or other hard travel sweets

*No milk, milk substitutes or dairy products are allowed*

**AT 5.00 PM** - Add the contents of one sachet of Picolax to 250mls of cold water, stir until fizzing stops, then drink. Followed by 4 glasses (250mls) of water/clear fluids over the next hour.

**AT 7.00 PM** - Mix as previous above.

Continue to drink at least a glassful of clear fluid every hour while you are awake.

---

### **DAY OF:**

**AT 7.00 AM** – Mix as previous above.

You may drink CLEAR FLUIDS until \_\_\_\_\_ (6 hours before admission time)

You may continue WATER (250ml per hour) until \_\_\_\_\_ (2 hours before admission time)

*Fasting includes lollies, chewing gum and smoking*