

BOWEL PREPARATION MORNING 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 **9am**.

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.

AT 9.00 PM - Mix as previous above.

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

DAY OF:

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