



## LOW FIBRE DIET

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### ADMISSION DETAILS

Your Procedure:

\_\_\_\_\_

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

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

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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.*

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### 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.

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## DIET

### DAY BEFORE:

Commence LOW FIBRE from **9am** (yellow, orange, brown colourings) (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
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### DAY OF:

You may EAT 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*