



## Pre-Assessment Unit

# Picolax and Oral Antibiotic Bowel Preparation for patients before surgery

For your operation it is necessary for the bowel to be empty. This enables the surgeon to perform a cleaner operation with less risk of infection.

Please carefully follow the instructions for the Picolax bowel cleansing, oral antibiotics and 6 pre-op drinks that you have been given. A separate information sheet is provided for those with diabetes.

### One week before your operation

Unless advised otherwise, continue to take prescribed medication as usual. If you take iron tablets stop taking them ONE WEEK before the examination/operation.

### Two days before your operation

You can eat and drink normally up until bedtime. However, we recommend that you avoid heavy meals and alcohol.

### The day before your operation

Our advice is provided in a table format on page 3 of this leaflet.

The day before your surgery you should have light, low fibre foods only as described below. You must avoid heavy meals and alcohol. You should drink 4 of the supplied high carbohydrate drinks during the day.

You will have been given Picolax bowel preparation. The first sachet should be taken in the morning and the second at 3pm. Both should be mixed with 150ml of water and stirred. These will make you want to go to the toilet usually within 3 hours of the first dose. This can be often and urgent. We recommend a day at home within easy reach of the toilet. Try and stay hydrated with clear fluids during the day.

## **Menu for the day before your operation**

**Please follow these instructions very carefully:**

Only the following food is allowed the day before your operation:

### **Breakfast (8am – 9am) after the first sachet of powder**

One boiled egg, not more than one slice of white bread or toast, with butter (no jam or marmalade), one cup of tea or coffee (milk and sugar allowed).

### **Lunch (12 noon – 1.30pm)**

A small portion of grilled or poached (not fried) white fish or chicken with a little cooked rice, followed by plain yoghurt or clear jelly. You may also have an egg or small portion of cheese. No potatoes, vegetables or fruit are allowed. A tea or coffee without milk, but sweetened, if preferred. Drink plenty of diluted fluids during the afternoon.

No further food must be taken after this point.

## **Day of your operation**

On the day of your operation, you should drink the remaining 2 Pre-Op carbohydrate drinks. Timing is very important. You must finish these at least 2 hours before your operation.

### **Morning operation**

- coming into hospital for 7am – please finish the drinks by 6am.

### **Afternoon operation**

- coming into hospital for 11am – please finish the drinks by 11am.

The drinks do not need to be stored in the fridge, but you may prefer them chilled.

If you take tablets for your heart, blood pressure or breathing, unless you have been informed otherwise, you should take these as normal with a sip of water.

## **Contact Numbers:**

We hope you have found the above information useful. If you have any questions, or are worried about anything, please speak to:

Pre-Assessment Nurse Specialist: 01305 254222

<b>For patients having bowel surgery in the <u>morning</u></b>	
<b>The day before surgery</b>	<b>Action</b>
Morning	Light, low residue breakfast Picolax dose 1. Mixed in 150ml water
Lunch	Light, low residue lunch. No food from this point
3pm	Picolax dose 2. Mixed in 150ml water Clear fluids only.
6pm	1g metronidazole 1g neomycin
9pm	1g metronidazole 1g neomycin
<b>Morning of surgery</b>	
6am	2x Pre-Op drinks Nil by mouth from this point

<b>For patients having bowel surgery in the <u>afternoon</u></b>	
<b>The day before surgery</b>	<b>Action</b>
Morning	Light, low residue breakfast
Lunch	Light, low residue lunch
3pm	Stop all food intake Clear fluids only from this point
6pm	Picolax dose 1. Mixed in 150ml water 1g metronidazole 1g neomycin
<b>Morning of surgery</b>	
6am	Picolax dose 2. Mixed in 150ml water 1g metronidazole 1g neomycin
9am	2x Pre-Op drinks Drink water only. Nil by mouth from 11am

## About this leaflet:

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email [pals@dchft.nhs.uk](mailto:pals@dchft.nhs.uk)



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