



Pre-Assessment Unit

Picolax and Oral Antibiotic Bowel Preparation for patients with Diabetes 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 4 pre-op drinks you have been given.

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

Avoid a high protein or fatty evening meal and do not drink alcohol.

The day before your operation

Our advice is provided in a table format on page 3 of this leaflet. The time to take the medications is different depending on whether you are having morning or afternoon surgery.

The day before your surgery you should have light, low fibre foods only as described below. You must avoid heavy meals and alcohol.

You will have been given Picolax bowel preparation. Both doses should be mixed with 150ml of water. 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.

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)

One boiled egg, one or two slices of white bread or toast with butter or low fibre cereal such as cornflakes or rice Krispies. Tea or coffee (milk allowed). Follow your usual morning diabetic care regime.

Mid-morning

Two rich tea or other biscuits

Lunch (12 noon – 1.30pm)

A small portion of grilled or poached (not fried) white fish or chicken with cooked white rice, followed by plain yoghurt or clear sugar-free jelly. No potatoes, vegetables or fruit are allowed. Tea or coffee (without milk). Drink plenty of diluted fluids during the afternoon. No further food must be taken after this point. Finish the 4 pre-op drinks by the evening.

Evening medication

Follow pre-operative diabetic medication guidelines through the evening and finish before you go to bed. Monitor blood glucose in the evening and before bed.

Day of your operation

Unless advised otherwise you should take your normal medications with a sip of water.

Check your blood glucose level before leaving home. If below 4mmol, take 5-7 dextrose tablets, 1-2 tubes of glucogel or 3-4 spoons of sugar dissolved in water.

Morning operation

- coming into hospital for 7am – nothing to drink after 6am.

Afternoon operation

- coming into hospital for 11am – only water until 11am.

For patients having bowel surgery in the <u>morning</u>	
The day before surgery	Action
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 Finish all 4 Pre-op drinks by this point
Morning of surgery	
6am	Nil by mouth from this point

For patients having bowel surgery in the <u>afternoon</u>	
The day before surgery	Action
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
9pm	Finish all 4 Pre-op drinks by this point
Morning of surgery	
6am	Picolax dose 2. Mixed in 150ml water 1g metronidazole 1g neomycin
9am	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



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