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LIFEHOUSE GYNAECOLOGICAL ONCOLOGY GROUP

FASTING AND BOWEL PREPARATION INSTRUCTIONS

FASTING INSTRUCTIONS

1. You should stop eating solid food 6-8 hours prior to your scheduled operation.
2. You should then continue with clear liquids orally up until 2 hours prior to your surgery.
3. Clear liquids includes black tea, black coffee, lemonade, jelly, apple juice. It does not include milk or milk produces, orange juice, alcohol etc. Remember do not eat any solid as well as these need to be digested by your bowel, which we are trying to keep empty.
4. Do not eat or chew gum
5. If you take medications in the morning, take these as usual with a sip of water only or as instructed by the anaesthetist.

BOWEL PREPARATION

Your surgeon may ask you to have a bowel preparation prior to your surgery, to have your bowel empty on the inside, in case the bowel needs to be operated upon. To reduce the chances of problems developing as explained in your consent form, it is important to follow the instructions below.

1. Purchase a bowel preparation from your chemist. There are a number of these available, including Fleet Bowel Prep, Picoprep, Glycoprep, Fleet Bowel Prep, MoviPrep. The pharmacist will help you.
2. On the day before your surgery follow the instructions for your bowel prep and take as directed. Continue to drink plenty of clear liquids to keep you well hydrated.
3. If you take medications in the morning, take these as usual with a sip of water only or as instructed by the anaesthetist.