

Your guide to bowel preparation before surgery

It is important to have your bowel empty on the inside in case it needs to be operated on during your surgery.

To reduce the chances of problems developing (as explained in your consent form), it is important that you follow the instructions below:

- Purchase a bowel preparation kit from your local chemist. There are various kits available including products called ColonPrep A, Fleet Bowel Prep, Picoprep, Phosphoprep, Glycoprep. The pharmacist will help you choose a product that suits you.
- In the 24 hours leading up to your surgery, you must only consume clear liquids. Clear liquids include black tea, black coffee, lemonade and apple juice. You can also have jelly. Do not consume milk, milk products or non-clear juices such as orange juice. It is very important that you do not eat any solids as these need to be digested by your bowel, which we are trying to keep empty.
- On the day before your surgery, follow the instructions for your bowel preparation as detailed on the kit you have purchased. Continue to drink plenty of clear liquids to keep yourself well hydrated.
- From midnight on the day of your surgery, you must fast. That means that you must not eat or drink anything at all.
- If you usually take medications in the morning, take these as normal with just a small sip of water only.