

Special Pre-Operative Bowel Preparation

DIET

It is essential for the safety of your surgery that you adhere to the following low-residue diet. You will need to purchase PICOPREP, available over the counter from most Pharmacies, in preparation for your surgery. It is important to note that if you do not adhere to this diet your surgery will not proceed.

RECOMMENDED MENU

Day 1 of Preparation (2 Days Before Surgery):					
No solids, full liquid (anything that can be poured), milk products allowed.					
Breakfast	Morning Tea	Lunch	Afternoon Tea	Dinner	Supper
Fruit smoothie Tea/coffee/herbal drink Fruit juice/water	Yoghurt (pureed) Tea/coffee/herbal drink/water Gatorade/clear stock soup	Pumpkin soup Pouring custard	Fruit smoothie Tea/coffee/herbal drink/water Gatorade/clear stock soup	Potato/tomato soup Pouring custard Tea/coffee/herbal drink/water Gatorade/clear stock soup	Yoghurt or fruit smoothie Fruit juice/water Tea/coffee/herbal drink/water Gatorade/clear stock soup
Day 2 of Preparation (1 Day Before Surgery):					
No solids, clear fluid (anything the sun can shine through), no milk products. We recommend drinks such as Gatorade (sports drinks) to replace salts. Salty drinks are important to reduce dizziness. Take 1 sachet of PICOPREP no later than 3pm, and a 2nd sachet 4-6 hours later. NB. do not take any more than 2 sachets of Picoprep.					
Breakfast	Morning Tea	Lunch	Afternoon Tea	Dinner	Supper
Clear stock soup Tea/herbal drink/water Apple/blackcurrant juice	Gatorade Jelly Tea/herbal drink/water	Clear stock soup Apple/blackcurrant juice/water Jelly	Gatorade Tea/herbal drink/water Apple/blackcurrant juice	Clear stock soup Jelly Tea/herbal drink/water Gatorade	Jelly Gatorade Tea/herbal drink/water Apple/blackcurrant juice
Day of Surgery					
If you are having morning surgery: Clear fluids (e.g. water, Gatorade) can be continued until 2 hours prior to your hospital admission time. If you are having afternoon surgery: Clear fluids (e.g. water, Gatorade) are allowed until 2 hours prior to your hospital admission time. Your Theatre Booking Confirmation letter will advise you if you are having morning or afternoon surgery.					

Things to remember:

Make sure that you have **plenty of water** as well as the suggested diet on both days of this bowel preparation.

On Day 2 of the preparation it is very important that you **have soups either made with stock cubes or in the tetra packs** to replace the salts that you will lose when you take the Picoprep in the afternoon.

If you can't prepare jellies at home these are available as jelly cups in the supermarket.

Sugar can be used in your tea if applicable, but no milk on Day 2.

The 1st Picoprep sachet should be taken **no later than 3:00pm on Day 2** of the preparation, with the 2nd sachet taken 4-6 hours later.