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BOWEL PREPARATION PRIOR TO LARGE BOWEL SURGERY OR COLONOSCOPY.

Patients undergoing surgery or a telescope (colonoscopy) examination of the large bowel need to have the bowel cleaned before the procedure is undertaken. The aid of this advice sheet is to ensure that this is undertaken successfully and completely. If you are in any way uncertain about the instructions you should seek advice.

The bowel preparation.

- You will need to obtain four packets of Golytely or Colonlytely for bowel preparation from a pharmacy. This is the solution that will clean out your bowel.
- You should purchase your bowel preparation as soon as possible and not leave it to the last minute. Some pharmacies have to order this medication in especially and may not be able to do this at very short notice.

Seven days before the operation/colonoscopy.

- Stop taking iron tablets, aspirin or any drugs containing Codeine, the most common being Panadeine (or Panadeine forte).
- Check you have the bowel preparation.

Three days before the operation/colonoscopy.

- Stop eating high fibre foods (bran, beans, leafy vegetables *etc*). Also avoid foods containing a lot of seeds (tomatoes, grapes *etc*).

The day before the operation/colonoscopy.

- You need to make up the preparation solution by mixing each packet of powder with one litre of tap water, to make a total of four litres. Place this in the refrigerator.
- Do not eat any solid food. You may only drink clear fluids such as apple juice, clear soup, jelly and black tea or coffee.
- Drink frequent amounts of water. The bowel preparation can dehydrate you and it is important you maintain a high fluid intake.

The afternoon before the operation/colonoscopy.

- Start drinking the preparation during the afternoon at the rate of one litre per hour.
- If your operation/colonoscopy is scheduled for the following morning, you should drink all four litres during the afternoon or early evening.
- If your operation/colonoscopy is scheduled for the afternoon, drink three litres the evening prior to the procedure and one litre first thing on the morning of the procedure, finishing the solution no later than 7am.

Your routine medications.

- You must take all your routine medications as if you were not having a procedure. You should take your routine medications on the morning of the procedure with the minimum amount of water possible, not more than one quarter of a glass.
- Diabetic patients should not take their diabetic medication on the morning of the operation/colonoscopy.
- All patients should bring all their routine medications with them to hospital.