



24 HOUR BOWEL PREPARATION

Date of Surgery: _____

You have been booked for abdominal surgery. Part of the procedure includes preparing the bowel. The bowel must be thoroughly cleansed to minimize the risk of infection.

- Purchase one box of Pico-Salax laxative at your local pharmacy. Each box contains 2 packages of powder.

It is an over-the-counter medication, but it will be necessary to ask the pharmacist for the medication.

**Please read the entire procedure before starting the prep.
Bathroom facilities should be available.**

1 DAY (24 HOURS) PRIOR TO YOUR SURGERY:

Start a clear fluid diet for breakfast and continue taking only clear fluids until the evening before surgery.

Clear fluids include:

- apple juice
- orange juice – no pulp
- grape juice
- cranberry juice
- popsicles – not the ones with ice cream inside
- jello
- Gatorade – helps to prevent dehydration
- clear tea and coffee with sugar – keep to a minimum
- water
- pop
- clear broth – chicken, beef

- At approximately 8:00 A.M., take the first package of Pico-Salax, mixed in water as per box instructions.
- Drink approximately 8-10 glasses of clear fluids between meals. All “meals” include only the above noted clear fluids.
- At approximately 2:00 P.M. take the second box of Pico-Salax, mixed in water.
- Continue drinking these clear fluids until bedtime. The more you drink, the less dehydrated you become.

From midnight until 4 hours prior to the scheduled time of surgery, you may have one cup only of one of the following clear liquids:

- water
- apple juice (store purchased, not homemade juice)
- tea (with sweetener, no milk)
- coffee (with sweetener, no milk)