

2 Day Pre-Surgery Bowel Preparation Diet Sheet for Surgery

with Dr Stas Vashevnik

Shopping List

1. Picoprep or Picolax (each packet contains sachets of powder to make up as 2 drinks). This is a bowel emptying drink. These are to be taken at 0800 and 1200 the day prior to your surgery.
2. Gatorade or Powerade - 4 bottles (these drinks contain sugars and electrolytes). They are to be slowly consumed over the day prior to surgery. These will replace the sugar and salts lost with the action of the bowel prep drinks. The clear or "lite" versions are generally tolerated better than the full strength drinks, alternatively the full strength versions can be diluted with water if needed.

2 Day Pre-Surgery Diet

Despite the small skin incisions the surgery may be extensive. Sharp and/or electric instruments will be used. For safer surgery and greater visibility and space, the bowel must be emptied entirely prior to your operation. Surgery may not be safely feasible if this diet is not adhered to.

2 days prior to surgery

No solid food

Liquids only. These include anything that is able to be poured. Fruit and milk smoothies, soups, purees, fruit and yoghurt whips, ice cream, custards, are examples. Generally anything pureed is fine.

1 day prior to surgery

No solid food

No milk products

Clear liquids only. Any liquids that let light shine through. Apple juice, clear soups, water, black coffee and tea, Gatorade and Powerade drinks are examples.

Picoprep or Picolax: 1 sachet in a large glass of water at 0800 and 1 sachet at 1200

Gatorade or Powerade: 4 bottles to be sipped throughout the day

Day of Surgery

If your surgery is in the morning – complete fasting starts at midnight the day before.

If your surgery is in the afternoon – complete fasting starts at 0700 the day of surgery.

It is very important that you do not use tampons or have intercourse for 6 weeks after your surgery. This prevents disturbance of the surgical site and minimises the risk of infection.