



BOWEL PREPARATION FOR MAJOR LAPAROSCOPIC SURGERY

Laparoscopic surgery has a number of associated risks. One of these is injury to the bowel. In order to reduce the risk of this occurring and also better managing an injury should it occur, bowel preparation is used prior to surgery to empty the bowel.

REGULAR MEDICATIONS can be taken during the preparation period.

If you are an insulin dependent diabetic, please contact Dr Onuma at his rooms, as you require different preparation instructions.

If you are a diabetic controlled with tablets, the day before your operation you should halve your usual dosage of tablets and check your blood sugar during the day. If they indicate low blood sugar, you should take some form of sugar to maintain your blood sugar levels.

Before commencing use of **Picolax** there are NO dietary restrictions.

TIMING OF PICOLAX

(You can obtain Picolox from the pharmacist without a prescription. There are 2 packets in each).

At **8pm** on the **day before** surgery take **one** packet of Picolax and mix it with 120mls of cold water in a tall glass until the powder is all dissolved. The mixture is more palatable if it is chilled in a refrigerator before ingestion. In the hour after drinking the preparation, drink at least two or three glasses of plain water. *This may cause urgent diarrhoea. Once you have taken the Picolax you can eat and drink as you wish until your food and fluid fasting times begin.

If you have not effectively opened your bowels by 2am then repeat the procedure with the second packet of Picolax. Follow this again with several glasses of plain water taking into account your fluid fasting time.

Remember that the timing of your last fluid and solid intake prior to the operation will depend on the time of your operation and will be discussed with you .

The times noted above may change according to the estimated time of your surgery. If a change is made, you will receive a telephone call from Dr Onuma's staff.

*Whilst taking Picolax you are likely to find it inconvenient to go to work.

Dr Onuma 25.11.07