

PREPARATION FOR MAJOR LAPAROSCOPIC SURGERY

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.

TWO DAYS before the surgery there are no dietary restrictions.

THE DAY BEFORE SURGERY take clear fluids only. It is recommended that you do not stay on just water, as this can leave you feeling very flat. You can have some Jelly, soup and soft drinks.

In the morning take one packet of the 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.

At 1.00pm repeat the procedure with the second packet of Picolax. Follow this again with several glasses of plain water. Continue with plenty of clear fluids in the evening before surgery.

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 this will either be noted on this form at the time of your consent process or you will receive a telephone call from Dr Onuma's staff.

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