

# Bowel Preparation

## Pre-Operative Information for Patients

Your surgeon has ordered you to take a laxative medicine before your operation. This medicine helps clear your bowel and is a very important part of your pre-operative preparation. The medication may cause gas and cramps as it takes effect. **If you do not take this medicine your surgery may be cancelled.** The laxative and preparation you require is the one marked with a: ✓

### **Dulcolax® Suppository 10 mg:**

Insert ONE suppository the evening before your surgery, no later than 7:00 pm

### **Phosphates Enema (Fleet Enema®) 130 ml:**

Insert the enema the evening before your surgery date, no later than 7:00 pm

Insert the enema in the morning before your surgery

### **Citro-Mag:**

#### **One Bottle Preparation**

Day before surgery:

Light breakfast and lunch, no alcohol

Clear fluids only

- Drink the Citro-Mag at 4:00 pm
- It is recommended that you drink large amounts of clear fluids to prevent dehydration. This also plays an important role in cleaning and flushing the colon

### **Citro-Mag:**

#### **Two Bottle Preparation**

Day before surgery:

Light breakfast and lunch, no alcohol

Clear fluids only

- Drink the 1<sup>st</sup> bottle of Citro-Mag at 12:00 noon
- Drink the 2<sup>nd</sup> bottle of Citro-Mag between 5:00 – 6:00 pm
- It is recommended that you drink large amounts of clear fluids to prevent dehydration. This also plays an important role in cleaning and flushing the colon

**Pico-Salax®:** Mix as per package instructions.

### **One Package Preparation**

#### Day before surgery:

Light breakfast and lunch, no alcohol

Clear fluids only

- Mix the package and drink starting at 4:00 pm
- It is recommended that you drink at least 4-6 cups of clear fluids to prevent dehydration. This also plays an important role in cleaning and flushing the colon

**Pico-Salax®:** Mix as per package instructions.

### **Two Package Preparation**

#### Day before surgery:

Light breakfast and lunch, no alcohol

Clear fluids only

- Mix the package and drink starting at 12:00 noon
- Mix the 2<sup>nd</sup> package and drink starting between 5:00–6:00 pm
- It is recommended that you at least 4-6 cups of clear fluids to prevent dehydration. This also plays an important role in cleaning and flushing the colon

**Clear Liquid Diet: Start at \_\_\_\_\_ Stop at midnight, the night before your surgery**

- Water, clear juices (pulp free), black tea or coffee, popsicles, sports drinks (Gatorade® or Powerade®), Jello and clear broth
- No dairy products, citrus juices (e.g. orange juice), tomato or prune juices, alcohol or carbonated beverages

**Full Fluid Diet: Start at \_\_\_\_\_ Stop at midnight, the night before your surgery**

- May drink clear fluids as well as full fluids, including milk products, yogurt (without particles), strained cream soups, pudding, custard, mousses, Nutritional supplements without fibre (i.e. Ensure®, Boost®, Carnation® Instant Breakfast), Sherbet, all juices, Oatmeal, Cream of Wheat, and plain congee.

**You can drink water, apple juice or cranberry juice from midnight until one hour before coming to hospital.**

### **Other:**

You can buy the laxative at most local drugstores. We suggest you call them first to see if they have it in stock. If you have any questions or concerns, please call the Pre-Admission Clinic Registered Nurse phone line at 604-875-4211 or call your surgeon's office.

For more copies, go online at <http://vch.eduhealth.ca>  
or email [phe@vch.ca](mailto:phe@vch.ca) and quote Catalogue No. **ED.100.B674**

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