

Pre-Admission Service
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Pre-Admission Bowel Preparation for Surgery

Why?

To enable your surgery to take place it is very important that the **bowel be cleaned well**. This will allow the doctor to clearly see the lining of the bowel.

Poor preparation may mean that the procedure will have to be stopped and you will have to repeat the procedure on another day.

What do I need?

Bowel Prep Pack containing

- **GLYCOPREP-C KIT**
 - ✓ 1 sachet Magnesium citrate
 - ✓ 3 Bisacodyl tablets (yellow)
 - ✓ 1 sachet GLYCOPREP-C

How?

By following a **low fibre diet** for 3 days. This reduces the fibre in your bowel, which makes it easier when you start the 2-day bowel-cleansing regime.

Cease Iron tablets 5 days prior

Cease multivitamins, Fish/Krill Oil supplements 14 days prior

Day 1-3	Follow Low Fibre Diet
Day 4	Follow the Clear Fluid Diet and start the bowel preparation
Day 5	Day of procedure

The bowel cleansing preparation causes you to have watery bowel motions over a short period of time.

When?

Commence the low fibre diet **4 days before** the day of your scheduled procedure. We have provided a list of foods to assist you in this process. Choose foods from the '**FOODS TO CHOOSE**' list below.

DAY 1 – 3 LOW FIBRE DIET

	FOODS TO CHOOSE		FOODS TO AVOID	
BREADS AND CEREALS	<ul style="list-style-type: none"> ✓ Plain white bread ✓ Plain muffins ✓ Plain bread rolls ✓ Plain croissants ✓ Crumpets ✓ Pita bread ✓ Plain cakes/biscuits ✓ White rice & Pasta 	<ul style="list-style-type: none"> ✓ Plain pancakes/pikelets ✓ Couscous ✓ Polenta ✓ Bagels ✓ Refined breakfast cereals; Semolina, Rice Bubbles, Cornflakes 	<ul style="list-style-type: none"> ⊗ Wholemeal, brown and rye breads ⊗ Multi-grain breads and muffins ⊗ Wholegrain cereals; bran cereals, Weetbix, Vita Brits ⊗ Cakes & biscuits containing nuts, dried fruit 	<ul style="list-style-type: none"> ⊗ Brown rice & pasta ⊗ Unprocessed bran, rolled oats ⊗ Porridge ⊗ Muesli ⊗ Brown Crumpets ⊗ Muffins with fruit ⊗ Wholemeal flour and oatmeal
FRUITS AND VEGETABLES	<ul style="list-style-type: none"> ✓ Potato without skin ✓ Pumpkin without skin ✓ Marrow/Squash ✓ Mushroom ✓ Ripe Banana ✓ Apple with no skin 	<ul style="list-style-type: none"> ✓ Peach with no skin ✓ Pear ✓ Pawpaw ✓ Rockmelon ✓ Watermelon ✓ Canned peaches/apricots & pears 	<ul style="list-style-type: none"> ⊗ All other fruit and vegetables including salad vegetables 	
MEAT AND OTHER PROTEIN PRODUCTS	<ul style="list-style-type: none"> ✓ Beef ✓ Veal ✓ Lamb ✓ Eggs 	<ul style="list-style-type: none"> ✓ Pork ✓ Poultry ✓ Fish and shellfish 	<ul style="list-style-type: none"> ⊗ Baked beans ⊗ Casseroles ⊗ Lentils ⊗ legumes 	<ul style="list-style-type: none"> ⊗ Rissoles ⊗ Stir fry meals ⊗ Nuts and seeds ⊗ Pizza
DAIRY FOODS	<ul style="list-style-type: none"> ✓ Milk ✓ Ice cream ✓ Plain or vanilla yoghurt ✓ Cheese processed and plain ✓ Cottage cheese 	<ul style="list-style-type: none"> ✓ Custard ✓ Cream or sour cream ✓ Rice pudding ✓ Condensed milk ✓ Evaporated milk ✓ Powdered milk ✓ Butter/margarine. 	<ul style="list-style-type: none"> ⊗ All dairy products with fruits and seeds 	
DRINKS	<ul style="list-style-type: none"> ✓ Water ✓ Tea ✓ Coffee ✓ Plain milk drinks ✓ Soft drinks 	<ul style="list-style-type: none"> ✓ Cordial ✓ Strained fruit juices ✓ Clear soups' ✓ Milo or Ovaltine ✓ White wine 	<ul style="list-style-type: none"> ⊗ Unstrained fruit juices ⊗ Red & green coloured drinks 	
OTHER FOODS	<ul style="list-style-type: none"> ✓ Plain jellies ✓ Clear jellies (not red) ✓ Sugar & chocolate 	<ul style="list-style-type: none"> ✓ Honey ✓ Jellied strained jams ✓ vegemite 	<ul style="list-style-type: none"> ⊗ Jams with skins and seeds ⊗ marmalade 	<ul style="list-style-type: none"> ⊗ Peanut paste/butter ⊗ Dried fruits/nuts

DAY 4 - CLEAR FLUID DIET (the day before your procedure)

	FLUIDS TO CHOOSE	
CLEAR FLUIDS	<ul style="list-style-type: none">✓ Clear and strained soup✓ Jelly (green or yellow only)✓ Water or strained fruit juice✓ Black Tea/coffee or soft drink	<ul style="list-style-type: none">✓ Herbal tea / Iced tea✓ Lemonade / Ginger ale✓ Yellow / orange sports drink✓ Orange / lemon cordial

It is important to drink adequate fluids to avoid dehydration. You may drink as much clear fluids throughout the day.

8 AM Prepare

1. The Magnesium citrate by dissolving in 1 glass of hot water (250mL) & refrigerate until ready to drink.
2. Make sachet of **GLYCOPREP-C** in 3 litres of water and refrigerate until ready to drink.

11 AM Drink the Magnesium citrate drink

- Take the **3 yellow Bisacodyl tablets** with 1 full glass of water.

1 PM

- Begin drinking 2 litres of the **GLYCOPREP-C** solution at the rate of 1 litre / hour. This will produce watery diarrhoea within an hour.
- You should have finished drinking this by 3:30pm and the diarrhoea will settle around 5:30pm.

7 PM Continue to drink the remaining **GLYCOPREP-C** solution until your bowel motion is clear.

- Your bowel motion should be clear (or look like urine) and free of particles.
- From now until you go to bed you should drink 3 glasses of water or **clear** tea / coffee etc. It is important to have adequate fluid to avoid headaches.

DAY 5 - THE DAY OF YOUR SURGERY

- Please follow your written instructions provided at preadmission regarding your medications and fasting instructions.

SOME HELPFUL HINTS

- Add diet lemon cordial to the **GLYCOPREP-C**
- Drink the solution through a straw, suck the **occasional** barley sugar or butterscotch between drinks
- Apply protective cream, e.g. Lanoline around your anal area to reduce excoriation
- Keep warm
- If you feel nauseated whilst taking the preparation stop for ½ hour. Have a hot drink & walk around. Resume drinking & continue as before
- If you feel bloated, try walking around, suck some peppermints / drink peppermint tea
If you become ill & have severe pain seek medical advice from your GP or nearest Emergency Medical Centre
- If you have haemorrhoids (piles) use your haemorrhoid cream to reduce discomfort.

Please note that a very clean bowel can only be achieved by drinking all the preparation. If you feel your bowel motion is not clear enough please contact your RBWH Surgical Case Manager.