



PATIENT CARE SERVICES

Bowel Preparation for Surgery Patient Information Sheet

2 Days before surgery

Date: _____
(yy/mm/dd)

1. Low residue diet: (see attached sample sheet)

1 Day before surgery

Date: _____
(yy/mm/dd)

1. Clear fluids only: (see attached sample sheet)

2. Bowel preparation (**Do not follow instruction in Pico Salyx package)

08:00 a.m.

Pico Salyx-1 package – take as directed, mix 1 package into a cup of cold water and drink. Initially when Pico Salyx mixes with water, it will get warm.

1:00 p.m.

If your stomach feels uneasy, you may take 1 gravol tablet 50 mgm before 2nd does of Pico Salyx.

2:00 p.m.

Take 2nd dose of Pico Salyx as above.

Additional information:

Please tick off box when you have completed all sections and bring this booklet with you the day of surgery.

AFTER MIDNIGHT DO NOT EAT ANYTHING

Bowel preparation two days before surgery (Low Residue Diet)

Date: _____ check box when complete
(yy/mm/dd)

The purpose of a low residue diet is to provide a diet of low residue foods and fluids to help prepare the bowel for surgery.

Avoid

- Spicy foods
- High fat foods
- High fibre foods or fluids, raw fruits, vegetables, coarse grain products, nuts, seed or popcorn
- Alcohol

Avoid gas-forming foods such as broccoli, turnips or cauliflower.

Do not drink or eat anything with red or purple colouring. This can cause discolouration in the bowel.

You are encouraged to drink at least 6-8 glasses of caffeine free fluids throughout the day. Caffeine is a stimulant to the bowel (can cause increase bowel spasms) and is a diuretic.

Sample Menu – Low Residue Diet

Breakfast	<ul style="list-style-type: none">• Orange juice (pulp free)• White toast with margarine or jelly• Cornflakes• Milk• Decaffeinated tea or coffee
Lunch	<ul style="list-style-type: none">• Cream soup with milk• Sandwich with white bread• Use fillings like plain meats, fish, chicken, egg or cheese, without raw onions, celery etc.• Banana (canned fruit or applesauce)• Milk• Caffeine free drinks (coffee, tea, soda pop)
Snack	<ul style="list-style-type: none">• Apple juice/milk• Crackers with peanut butter/low fat cheese• Social tea cookies• Tomato juice
Supper	<ul style="list-style-type: none">• Skinless chicken breast• White roll with margarine• Frozen yogurt, pudding, ice cream (no nuts or seeds)• Decaffeinated drinks
Evening snack	<ul style="list-style-type: none">• Crackers, cheese, plain biscuits• Fruit juices• Milk, pudding, custard, yogurt (vanilla)

After midnight only clear fluids

One day before surgery (clear fluid diet)

Date: _____ check box when complete
(yy/mm/dd)

Purpose: To provide a diet that will decrease the amount of stool matter in the bowel. The clear fluid diet must provide adequate calories and electrolytes and proper hydration.

Avoid

- Milk products
- Solid foods
- Juices must be clear with no pulp (no tomato or orange juice)
- Alcohol

On a clear fluid diet you are encouraged to drink at least 8 glasses of fluid throughout the day to prevent dehydration.

If you are a diabetic: Check with your Doctor about taking your usual medications.

Fluids allowed	Fluids not allowed
Clear juices (apple, white cranberry, peach, white grape juice)	Milk or milk products (milkshakes, custards, yogurt)
Water	Cream soups
Clear broth	Tomato juice
Sodas	Orange juice
Decaffeinated coffee or tea	Oatmeal or Cream of Wheat
Water popsicles	Grapefruit juice
Lemonade	Alcohol
Kool Aid	<u>Do not drink or eat anything with red or purple colouring.</u> This can cause discolouration in the bowel
Sports drinks (Powerade™, Gatorade™)	
Hard candies	
Clear gelatin (Jell-O™) with no added fruit	

Sample Menu – Clear Fluid Diet

Breakfast:	<ul style="list-style-type: none"> • 8 oz/250 mL clear juice – example apple, peach, white • cranberry • 4 oz/120 mL Jell-O™ • Decaffeinated coffee or tea, with sugar or sweetener, honey
Snack:	<ul style="list-style-type: none"> • 4 oz/120 mL clear juice • 4 oz pop e.g. Ginger Ale, 7-Up™
Lunch:	<ul style="list-style-type: none"> • 8 oz/250 mL clear broth (chicken or beef) • 4 oz/120 mL clear juice (no pulp) • 4 oz/120 mL Jell-O™ • 4 oz/120 mL Ginger Ale or 7-Up™ • Decaffeinated tea with sugar, sweetener or honey
Snack:	<ul style="list-style-type: none"> • 4 oz/120 mL Ginger ale or 7-Up™, Powerade™ • 4 oz/120 mL clear juices (no pulp)
Supper:	<ul style="list-style-type: none"> • 8 oz/250 mL clear broth (chicken or beef) • 4 oz/120 mL clear juice (no pulp) • 4 oz/120 mL Jell-O™/water popsicle • 4 oz/120 mL Ginger Ale or 7-Up™
Snack:	<ul style="list-style-type: none"> • 4 oz/120 mL Ginger Ale or 7-Up™, Powerade™ • 4 oz/120 mL clear juices (apple juice) • Water popsicle, club soda or water

Remember to drink plenty of fluids the day before surgery, at least 6 - 8 glasses.

You may have sips of clear fluids up until the time when you leave home to come to the Hospital for your surgery.