PATIENT CARE SERVICES

Bowel Preparation for Surgery Patient Information Sheet

2 Days before surgery Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (yy/mm/dd)

Low residue diet (see attached sample sheet)

1 Day before surgery Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (yy/mm/dd)

Clear fluids only (see attached sample sheet)

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 **mg** before 2nd **dose** of Pico Salyx.

2:00 p.m.

Take 2nd dose of Pico Salyx as above.

Additional information:

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

Information is available in alternate formats upon request

Bowel preparation two days before surgery (Low Residue Diet)

 Check box when complete Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (yy/mm/dd)

The purpose of a low residue diet is to provide **food and fluids that will help prepare the bowel for surgery.**

**Avoid**

* Spicy and high fat foods
* High fibre foods or fluids (raw fruits, vegetables, coarse grain products, nuts, **seeds,** popcorn, prune juice)
* Alcohol
* 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 can cause or increase bowel spasms and can lead to dehydration.**

**Sample Menu – Low Residue Diet**

|  |  |
| --- | --- |
| Breakfast | * Orange juice (pulp free)
* White toast with margarine or jelly
* Cornflakes
* Milk or Decaffeinated tea or coffee
 |
| Lunch | * 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 or Decaffeinated drinks
 |
| Snack | * Fruit juice
* Crackers with peanut butter/low fat cheese
 |
| Supper | * Skinless chicken breast
* White roll with margarine
* Frozen yogurt, pudding, ice cream (no nuts or seeds)
* Decaffeinated drinks
 |
| Evening snack | * Crackers, cheese, plain biscuits, pudding, custard, or yogurt (no nuts or seeds)
* Fruit juice or milk
 |

**The day before surgery**

 Check box when complete Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (yy/mm/dd)

1. Have a light breakfast before taking your laxative

2. Next, drink your laxative

3. **After your laxative, do not eat any food. Do not have any dairy products or juice with pulp.**

Drink ONLY clear fluids (liquids you can see through) all day. It is used before surgery to ensure that your digestive tract is empty.

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 or bouillon | Tomato juice |
| Sodas (ginger-ale, lemon, lime or club soda) | Orange juice |
| Decaffeinated coffee or tea without cream or milk  | Oatmeal or Cream of Wheat™ |
| Water popsicles | Grapefruit juice |
| Lemonade | Alcohol |
| Kool Aid | Fruit Smoothies  |
| Sports drinks (Powerade™, Gatorade™) | Fruit Juices with pulp |
| Hard candies | Prune juice |
| Clear gelatin (Jell-O™) with no added fruit | Do not drink or eat anything with red or purple colouring. This can cause discolouration in the bowel. |
| Clear nutritional supplements such as Boost Fruit beverage  |  |

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

**If you are thirsty, you may drink clear fluids apple juice or ginger-ale™ until you leave to come to the hospital.**

**Please drink one cup (250 mL) 8 ounces clear fluid e.g. apple juice or ginger-ale™, before leaving to come to hospital**