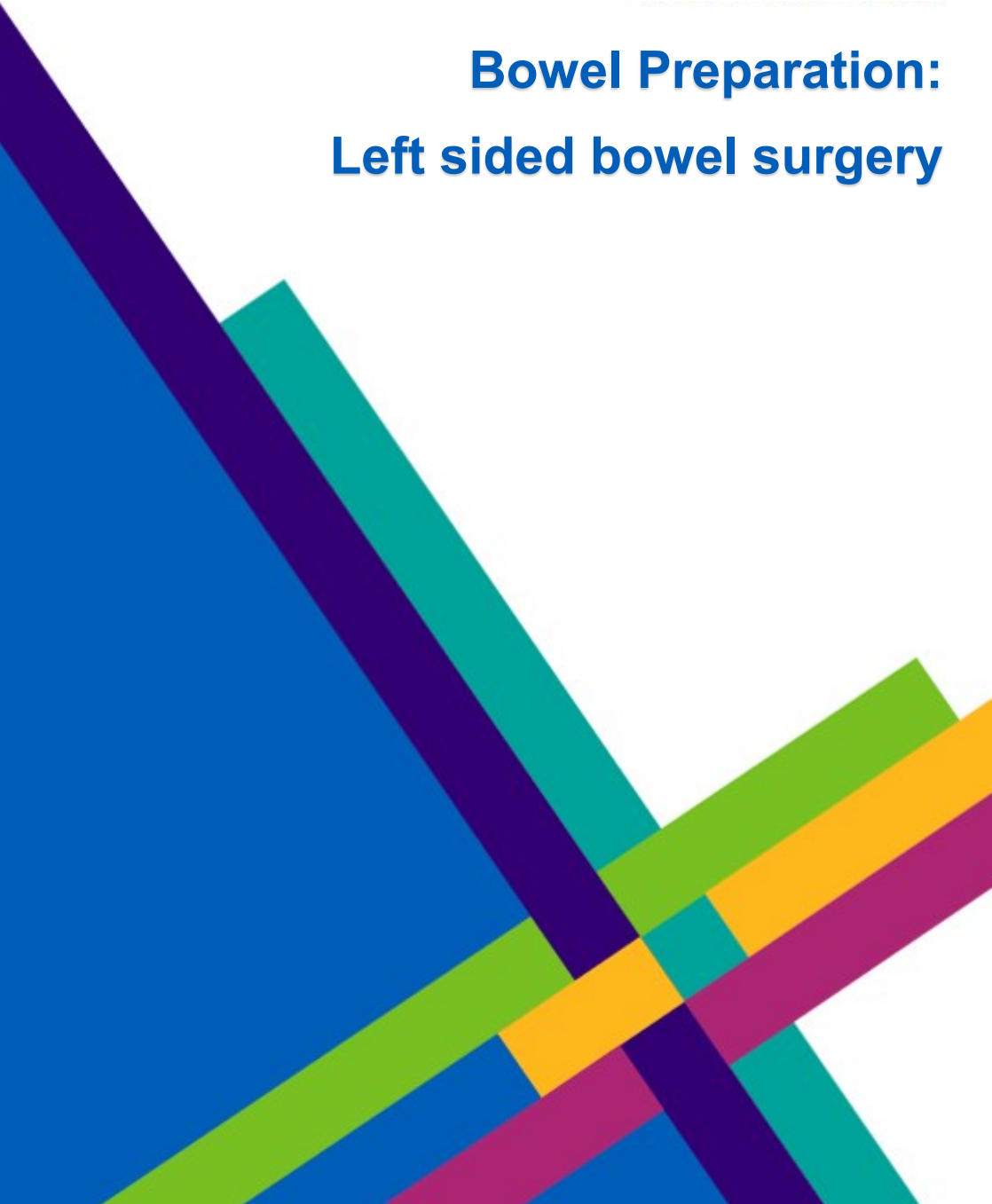




**Salisbury**  
NHS Foundation Trust

# Bowel Preparation: Left sided bowel surgery



## Bowel preparation instructions

You will need to take bowel preparation which usually consists of 2 sachets of Picolax. **You must follow the instructions below carefully.**

This bowel preparation is to make sure that your bowel is thoroughly cleaned prior to surgery to help reduce the risk of complications post-operatively. For some people a more suitable alternative preparation is required. If a different bowel preparation has been given there will be separate instructions with this leaflet.

**Please follow the instructions on the Salisbury NHS Foundation Trust leaflet not the manufacturer's information.**

### 4 days before your surgery

- Stop taking constipating agents e.g. Lomotil, Imodium, codeine phosphate, etc.
- Stop taking any stool bulking agents e.g. Fibrogel, Regularan, Proctofibre
- Continue with all other medication until your surgery unless advised otherwise.

### 2 days before your surgery

To help the bowel preparation to work effectively, you will need to start to eat a low fibre diet. This should consist of white fish, chicken, white bread, eggs, cheese, white pasta, white rice or potatoes without skins. High fibre foods such as red meat, fruit, vegetables, cereals, nuts, salad and wholemeal foods **MUST** be avoided. Ensure you have

plenty of fluids to drink.

## 1 day before your surgery

Have a low fibre breakfast as described above **the day before your surgery. After this DO NOT EAT any food until after your surgery but drink plenty of clear fluids.** Clear fluid is water, smooth fruit juice (not containing 'bits'), fruit squash, fizzy drinks, tea or coffee, clear soup, Bovril.

**At 12 noon:** Dissolve 1 sachet of Picolax in 150mls of cold water in a glass. Stir well until dissolved. The solution may become hot, this is normal. Wait until cooled and drink all at once.

**At 6pm:** Dissolve the second sachet of Picolax as above and drink all at once.

### Please note:

**It is very important that you drink enough clear fluids to satisfy your thirst, ideally this is around 250mls (an average cupful) every hour.** This will help the Picolax to work more effectively and prevent you from becoming dehydrated.

Remember that Picolax will cause frequent loose bowel movements at any time after taking a dose. Stay within easy reach of a toilet. It is normal to experience some intestinal cramping.

Using Vaseline or a barrier cream on your bottom will help to prevent soreness.

## The day of your surgery

**You must not have eaten any food for at least 24 hours.** You may

have as much clear fluid as you like up to 2 hours before your surgery. **Do not drink anything after this time.**

Normal:

Days before surgery	Food	Drinks
4 days before	Normal Diet, Stop taking bowel medications	
2 days before	Low fibre diet	Normal
1 day before	Low fibre breakfast	Clear fluids only after a low fibre breakfast
Surgery day	NO FOOD	Clear fluids up to 2 hrs before surgery

For any further information, please speak to your Clinical Nurse Specialist.

Author: Jennifer Lundie  
Role: Colorectal Clinical Nurse Specialist  
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Salisbury NHS Foundation Trust, Salisbury District Hospital, Salisbury, Wiltshire, SP2 8BJ  
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