

## **Mr Raymond Yap**

MBBS, BMedSci, MSurgEd, FRACS, FCSSANZ  
Colorectal and General Surgeon  
Laparoscopy, Robotics, TEMS/TAMIS, taTME  
Open Access Colonoscopy & Gastroscopy  
Colorectal Cancer, Diverticulitis, IBD  
Haemorrhoids & Anorectal Disease

## **CR Surgery Clinic**

Suite 20, Cabrini Malvern  
Isabella Street, MALVERN 3144  
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### **BEFORE OPERATION INSTRUCTIONS FOR BOWEL SURGERY**

You are going to undergo major bowel surgery. Here are some instructions to help you prepare for this. **Avoid smoking** for at least two weeks before the operation as this will interfere with healing. If there any questions, please contact the rooms.

### **ADULT FASTING GUIDELINES FOR ANAESTHESIA**

The goal of fasting in patients undergoing surgery is to minimize the amount of stomach contents while avoiding unneeded thirst & dehydration. Follow these instructions and only vary them if contacted by the surgeon or anaesthetist.

#### **Elective surgery and fasting**

A light meal may be taken 6 hours prior to anaesthesia. Please do not consume milk drinks, food, lollies, jelly or chewing gum for 6 hours before surgery. Up to 200ml per hour of clear fluids (see below) up to **2 hours** before surgery may be taken.

#### **Medications**

- Please continue regular oral medications unless otherwise asked by the treating doctor or anaesthetist. Medications can be taken with a sip of water – even within 2 hours of surgery.
- Patients with diabetes will have special requirements. Your diabetes doctor should write a plan for surgery covering fasting, tablet medications and insulin.
- Blood thinners (except for aspirin) need to be stopped before surgery. Please clarify with your surgeon as exactly when to cease and restart this.

#### **Timing of admission**

- Morning operation: List starts at 0800: Do not have any food after midnight. Continue only clear fluids until 0600.
- Afternoon operation: List starts at 1330: Do not have any food after 0630. Continue only clear fluids until 1130.
- **Clear fluids**: Fluids which are transparent. They include glucose-based drinks, clear cordials, black tea or coffee, and clear juices. They do not include milk-based or particulate products, such as orange juice.

### **BOWEL PREPARATION PRE-SURGERY**

Go to your local pharmacy and buy the following preparation items:

- Oral bowel preparation - PICOLAX
  - 3 sachets (small packs) of Picolax. Mix each Picolax sachet in a glass of 250mls of cold water and drink at the time shown in the table below.
  - Follow each Picolax drink with at 1-2 glasses of water over 1-2 hours.
- ORAL ANTIBIOTICS (you will receive your script from Mr Yap)

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### **MORNING PROCEDURE**

#### *THE DAY BEFORE YOUR SURGERY*

1. Eat a light breakfast and lunch the day before your surgery
2. Stop eating food after **11:30AM**. Continue to drink **clear fluids** such as water, sugar free jelly, Gatorade, cordial, black tea or coffee and clear soup (**no milk, no red/purple jelly or drinks**) in the afternoon, evening and overnight to maintain hydration
3. **At 1pm** Mix and drink one (1) sachet of Picolax. Mix the entire sachet with a large glass of water. Stir until the effervescence ceases, then drink the solution.
4. **At 4pm** Mix and drink one (1) sachet of Picolax
5. **At 7pm** Mix and drink one (1) sachet of Picolax
6. **At 10pm** Take one (1) metronidazole tablet) - antibiotic

#### **ON THE DAY OF SURGERY**

7. **Before 6am**, take 1 metronidazole and 1 trimethoprim/sulfamethoxazole tablet. Continue drinking clear fluids until 2 hours before you arrive.

### **AFTERNOON PROCEDURE**

#### *THE DAY BEFORE YOUR SURGERY*

1. Eat a light breakfast and lunch the day before your surgery
2. Stop eating food after **4pm**. Continue to drink **clear fluids** such as water, sugar free jelly, Gatorade, cordial, black tea or coffee and clear soup (**no milk, no red/purple jelly or drinks**) in the afternoon, evening and overnight to maintain hydration
3. **At 4pm** Mix and drink one (1) sachet of Picolax. Mix the entire sachet with a large glass of water. Stir until the effervescence ceases, then drink the solution.
4. **At 7pm** Mix and drink one (1) sachet of Picolax

#### **ON THE DAY OF SURGERY**

5. **At 6am** Mix and drink one (1) sachet of Picolax.
6. **At 8 am** Take one (1) metronidazole tablet) – antibiotic
7. **At 11am** take 1 metronidazole and 1 trimethoprim/sulfamethoxazole tablet. Continue drinking clear fluids until 2 hours before you arrive.