

Mr Raymond Yap

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

CR Surgery

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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 healthy patients undergoing surgery is to minimise the volume of stomach contents while avoiding unnecessary thirst and dehydration. Please 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. Their diabetes doctor should write a plan for surgery covering fasting, tablet medications and insulin.
- Blood thinners (except for aspirin) need to 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 COLONOSCOPY

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 COLONOSCOPY

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.