



PICOPREP BOWEL PREPARATION FOR LAPAROSCOPIC GYNAECOLOGY SURGERY

Picoprep is a solution taken by mouth to cleanse the bowel before abdominal or pelvic surgery. You will be given a box of the product containing two sachets and instructions in the rooms prior to your surgery. Please read the included instructions carefully.

It is important to maintain your fluid intake with a variety of Approved Clear Fluids.

“Approved Clear Fluids”: (A good combination of these clear fluids, including 2-3 cups of strained chicken noodle soup, will give you a variation in fluid intake). Water, clear fruit juices (apple, pear & grape), jelly, black tea/coffee, clear soups (no vegetables or meat), clear broth/bouillon, carbonated beverages, clear cordials (lemon/line), sport drinks. You may have barley sugar to suck. NOTE: No red or purple colourings.

THE DAY BEFORE YOUR PROCEDURE:

BREAKFAST (Before 8am): You may eat a light breakfast. Do not eat any food after breakfast, but have 2 glasses of Approved Clear Fluids.

MORNING TEA (10AM): 1 - 2 glasses of Approved Clear Fluids.

Please ensure that there is a minimum of 2 hours between the doses of Picoprep.

1pm: Mix one sachet of picolax in a glass of water and drink. Drink another 2 glasses of Approved Clear Fluids.

2-3pm: 2 glasses of Approved Clear Fluids.

5-6pm: Mix one sachet of picolax in a glass of water and drink. Drink another 2 glasses of Approved Clear Fluids.

Drink approximately 3 glasses of Approved Clear Fluids until bedtime.

The bowel preparation will cause multiple bowel motions, usually within 2-3 hours of the first dose, but the response is variable. You may experience intermitted abdominal cramps. Remain within easy reach of the toilet after starting the preparation.

No food or drink should be taken for six hours prior to your operation.

If your operation is scheduled for an afternoon list you may have Approved Clear Fluids up until 0700 on the day of your surgery.

Contact the rooms on (07) 3332 1999 or reception@evehealth.com.au if you have any questions.