

Getting your bowel ready for vaginal prolapse surgery

To get your bowel ready for vaginal prolapse surgery at The Women's, follow these steps, and any other instructions from your doctor, pharmacist, and pre-admission nurse.

You'll need

Two sachets of Picoprep Orange® or Dendy Picolax®.

They are medicine that help you clear out your bowel (poo).

Our pharmacist will give them to you. Or you can buy them from your local pharmacy. You don't need a prescription.

The day BEFORE your surgery

- At 5pm, mix 1 sachet of Picoprep Orange® or Dendy Picolax® in a glass (250mL) of warm water.
- Drink it all.
- You should feel the urge to poo within a few hours.
- Drink extra water or clear fluids - like clear apple juice (without pulp), cordial, black tea, or black coffee (without milk) - to stay hydrated.
- If you haven't pooped after 2 hours, mix and drink the second sachet of Picoprep Orange® or Dendy Picolax®.

Fasting instructions

Fasting means not eating or drinking for a certain time.

The day before your surgery, we'll send you a text message with your fasting instructions.

On the day of your surgery, take your regular medicines (if you have any) early in the morning with a sip of water, unless your doctors say not to.

Do you need an interpreter?



You can ask for an interpreter if you need one.

Family Violence Support

1800 Respect National Helpline

You can get help if you have experienced sexual assault, domestic or family violence and abuse.

You can call any time of day or night.

1800 737 732

1800respect.org.au