

Getting your bowel ready for abdominal surgery

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

You'll need

Three sachets of Picoprep Orange® or Dendy Picolax®.

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

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

How to take them:

Mix 1 sachet with 1 glass (250mL) of warm water.

Drink it all.

Do this 3 times, following the times listed for your surgery.

Drink extra water or clear fluids during the day to stay hydrated.

If your surgery is in the morning

The day BEFORE your surgery:

- Eat a light breakfast.
- Eat a light, early lunch.
This will be your last solid food before surgery. **Finish eating by 11:30am.**
- Drink clear fluids to keep hydrated.
 - This includes water, clear apple juice (without pulp), cordial, black tea, or black coffee (without milk).
- At **3pm**, mix and drink 1 sachet of Picoprep Orange® or Dendy Picolax®.
- At **6pm**, mix and drink 1 sachet of Picoprep Orange® or Dendy Picolax®.
- At **7pm**, mix and drink 1 sachet of Picoprep Orange® or Dendy Picolax®.

The day OF your surgery:

You can drink up to 200mL of clear fluids (as listed above) an hour until it's time for your surgery.

Take your regular medicines early in the morning with a sip of water, unless your doctor tells you not to.

If your surgery is in the afternoon

The day BEFORE your surgery:

- Eat a light breakfast.
- Eat a light, early lunch.
- You can have small snacks in the afternoon, but you must **stop eating by 4pm**.
- Drink clear fluids to stay hydrated.
 - This includes water, clear apple juice (without pulp), cordial, black tea, or black coffee (without milk).
- At **4pm**, mix and drink 1 sachet of Picoprep Orange® or Dendy Picolax®.
- At **6pm**, mix and drink 1 sachet of Picoprep Orange® or Dendy Picolax®.

The day OF your surgery:

- At **6am**, mix and drink 1 sachet of Picoprep Orange® or Dendy Picolax®.

You can drink up to 200 mL of clear fluids (as listed above) an hour until it's time for your surgery.

Take your regular medicines early in the morning with a sip of water, unless your doctor tells you not to.

For more information

If you have any questions about these instructions, please call the bookings office on 03 8345 3335.

They're available Monday to Friday from 7.30am to 4.30pm.

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 (24-hour support service)

1800respect.org.au