

How to use a Microlax® or Micolette® enema before your surgery



the women's
the royal women's hospital

You'll need

A Microlax® or Micolette® enema.

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 local pharmacy. You don't need a prescription.

The night before your surgery

Eat dinner at your usual time.



One hour after dinner, use your enema

1. Twist the cap off the nozzle.
2. Gently squeeze the tube to get a drop of liquid. Rub it on the nozzle to make it easier to insert.
3. Lie on your side in a comfortable position.
4. Gently insert the nozzle into your bottom (rectum) and squeeze out the liquid.
5. When the tube feels empty, gently pull it out. Keep squeezing as you remove it to stop the liquid from being pulled back into the tube.
6. Stay on your side and wait for the enema to start working.
7. After 15 to 30 minutes, you should feel the urge to poo. Get up and use the toilet.

Note: The enema may cause some cramping and discomfort as it works.

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 doctor says 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?



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

Disclaimer: This fact sheet provides general information only. For specific advice about your healthcare needs, you should seek advice from your health professional. The Royal Women's Hospital does not accept any responsibility for loss or damage arising from your reliance on this fact sheet instead of seeing a health professional. If you require urgent medical attention, please contact your nearest emergency department.

© The Royal Women's Hospital 2025