



Interior Health

Vernon Jubilee Hospital

48 HOUR BOWEL PREP -2 Days Prior to Surgery-

Date of Surgery: _____

You have been booked for abdominal surgery. Part of the procedure includes preparing the bowel. The bowel must be thoroughly cleansed to minimize the risk of infection.

If your surgeon wants you to take antibiotics as part of this prep, he/she will give you a prescription and you will take those on the second day of the prep as indicated on the bottles of antibiotics.

- Purchase one box of Pico-Salax laxative at your local pharmacy. Each box contains two packages of powder.

It is an over-the-counter medication, but it will be necessary to ask the pharmacist for the medication.

**Please read the entire procedure before starting the prep.
Bathroom facilities should be available.**

2 DAYS (48 HOURS) PRIOR TO YOUR SURGERY:

Start a clear fluid diet for breakfast and continue taking only clear fluids until the evening before surgery.

Clear fluids include:

- apple juice
- orange juice – no pulp
- grape juice
- cranberry juice
- popsicles – not the ones with ice cream inside
- jello
- Gatorade – helps to prevent dehydration
- clear tea and coffee with sugar – keep to a minimum
- water
- pop
- clear broth – chicken, beef

- At approximately 8:00 A.M., take the first package of Pico-Salax, mixed in water as per box instructions.
- Drink approximately 8-10 glasses of clear fluids between meals. All “meals” include only the above noted clear fluids.
- At approximately 2:00 P.M. take the second package of Pico-Salax, mixed in water.
- Continue drinking these clear fluids until bedtime. The more you drink, the less dehydrated you become.

1 DAY (24 HOURS) Prior to Surgery

- Continue with a clear fluid diet as indicated on first page
- Drink lots of fluids to flush your colon and to keep hydrated.
- If antibiotics have been prescribed they will be taken today as instructed on prescription bottles (at 8:00 A.M., at 2:00 P.M.; and at 10:00 P.M.)

From midnight until 4 hours prior to the scheduled time of surgery, you may have one cup only of one of the following clear fluids?

- water
- apple juice (store purchased, not homemade juice)
- tea (with sweetener, no milk)
- coffee (with sweetener, no milk)