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To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Pre-Operative Bowel Preparation for Gynaecological Laparoscopic surgery



GUIDELINES FOR PATIENTS HAVING BOWEL PREPARATION FOR SURGERY

Prior to your admission for laparoscopic surgery, we would like to ensure that your bowel is completely empty as this makes surgery easier to perform and reduces the risk of bowel injury to you. In the unlikely event of this occurring, it makes the management much easier as there is much less risk of contamination. It does, however, mean that you will have to go on a special diet for two days prior to your surgery and then take a strong laxative. The laxative will be given to you at your Preadmission assessment appointment together with instructions.

Further Information

We endeavor to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you remain concerned, PALS can also advise upon how to make a formal complaint.

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Diet

Start your diet 2 whole days before your appointment. The diet is low residue and is designed to help clear your bowel. Eat any amounts of foods listed below:

Breakfast	Cornflakes or Rice Crispies – No Bran, All Bran or high fibre cereals.
Mid- Morning	Fruit juice/squash, Bovril, tea or coffee.
Midday	Chicken, Ham, beef, lamb (hot or cold), steamed or microwaved fish. Boiled potatoes only. No other vegetables.
Supper	Fruit juice, tea or coffee, sugar and milk as required. Bovril, white bread or toast, butter/margarine, Marmite or honey. No jam or marmalade.

Drink as much liquid as possible during these two days. Aim to drink 2-3 glasses of liquid every 2 hours during the day.

Please drink 2 Fortisips 200 ml cartons (1 in the afternoon and 1 in the evening).

At 5 pm THE DAY BEFORE YOUR OPERATION

Prepare the Citramag Solution:

Pour one large drinking glass full (approximately 8 fluid ounces or 200 ml) of hot water into a wide mouthed (measuring) jug

Open Sachet of Citramag and empty all the contents into the water. The solution will froth vigorously. Stir thoroughly and when dissolved, pour back into the drinking glass, cover and keep in a cool place until 6.00 pm.

At 6.00 pm THE DAY BEFORE YOUR OPERATION

Drink the Citramag solution.

Stop eating.

Continue to drink plenty of clear fluids all day; e.g. water based drinks, squash, no milk, no fruit juice.

Please drink 4 cartons of the fortisips throughout the day (total 800 ml).

Please note that whilst Fortisips are not clear fluid, the benefits of taking them outweigh the need to have a totally clear fluid diet before surgery

ON THE DAY OF YOUR OPERATION

Drink 1 dissolved 50g sachet of Preload 2-3 hours before the scheduled operation time.

If your operation is scheduled for the afternoon, drink 2 sachets of Preload during the morning.

NB: You are allowed water up to 4 hours before operation. It is important you do not become dehydrated.

Citramag acts as a powerful laxative. This will give you diarrhea and clear your bowel. The time the Citramag will act may vary, but stay close to a toilet after taking the preparation. A little Vaseline round the back passage will prevent soreness.