

Bowel Preparation Schedule Sheet

CITRAFLEET or PICOLAX

For Colorectal Surgery scheduled in the **MORNING**

Pre-assessment nurse to kindly delete what does not apply

Two days before surgery	0800:	You can have LOW FIBRE DIET* plus below: <input type="checkbox"/> Fortisip compact protein x1 bottle
	1400:	<input type="checkbox"/> Fortisip compact protein x1 bottle
	1800:	<input type="checkbox"/> Fortisip compact protein x1 bottle
One day before surgery	0700:	<input type="checkbox"/> Can have usual breakfast (eat as normal) Then CLEAR FLUIDS and Fortisip Compact Protein once you have taken Picolax or Citrafleet
	0800:	<input type="checkbox"/> Picolax or Citrafleet x1 sachet
	0900:	<input type="checkbox"/> Fortisip compact protein x1 bottle
	1400:	<input type="checkbox"/> Fortisip compact protein x1 bottle
	1600:	<input type="checkbox"/> Picolax or Citrafleet x1 sachet
	1800:	<input type="checkbox"/> Fortisip compact protein x1 bottle <input type="checkbox"/> Drink 1 sachet of Preload mixed in 400 ml of water (1 st sachet)
	2200:	<input type="checkbox"/> Drink 1 sachet of Preload mixed in 400 ml of water (2 nd sachet)
Midnight	Water only.	
Day of surgery		You are allowed to drink water until 6AM. Your nurse/doctor will advise if you can still drink water while waiting for your surgery.
	Until 0600:	<input type="checkbox"/> Drink 1 sachet of Preload in 400mls of water- aim to finish by 6am. (3 rd sachet)

* Please refer to the diet guide found on the Enhanced Recovery After Surgery leaflet for examples of low fibre and clear fluids diet

Further Information

We endeavour 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 Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔
 ਜੇ ਤੁਹਾਨੂੰ ਡਰਜ਼ਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553
 اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر میں 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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