

# Bowel Preparation Schedule Sheet

## CITRAFLEET or PICOLAX

For Colorectal Surgery scheduled in the **AFTERNOON**

Pre-assessment nurse to kindly delete what does not apply

<p><b>Two days before surgery</b></p>	<p><b>0800:</b></p> <p><b>1400:</b></p> <p><b>1800:</b></p>	<p>You can have <b>LOW FIBRE DIET*</b> plus below:</p> <p><input type="checkbox"/> Fortisip compact protein x1 bottle</p> <p><input type="checkbox"/> Fortisip compact protein x1 bottle</p> <p><input type="checkbox"/> Fortisip compact protein x1 bottle</p>
<p><b>One day before surgery:</b></p>	<p><b>0700:</b></p> <p><b>0800:</b></p> <p><b>0900:</b></p> <p><b>1400:</b></p> <p><b>1600:</b></p> <p><b>1800:</b></p> <p><b>2200:</b></p> <p><b>Midnight</b></p>	<p><input type="checkbox"/> Can have usual breakfast (eat as normal) Then <b>CLEAR FLUIDS and Fortisip Compact Protein</b> once you have taken Picolax or Citrafleet</p> <p><input type="checkbox"/> Picolax or Citrafleet x1 sachet</p> <p><input type="checkbox"/> Fortisip compact protein x1 bottle</p> <p><input type="checkbox"/> Fortisip compact protein x1 bottle</p> <p><input type="checkbox"/> Picolax or Citrafleet x1 sachet</p> <p><input type="checkbox"/> Fortisip compact protein x1 bottle</p> <p><input type="checkbox"/> Drink 1 sachet of Preload mixed in 400 ml of water (1<sup>st</sup> sachet)</p> <p>Water only.</p>
<p><b>Day of surgery</b></p>	<p><b>Until 0600:</b></p> <p><b>Until 1000:</b></p>	<p><b>You are allowed to drink water until 11AM. Your nurse/ doctor will advise if you can still drink water while waiting for your surgery.</b></p> <p><input type="checkbox"/> Drink <b>1 sachet of Preload</b> in 400mls of water- aim to finish by 0600 am. (2<sup>nd</sup> sachet)</p> <p><input type="checkbox"/> Drink <b>1 sachet of Preload</b> in 400mls of water- aim to finish by 10 am. (3<sup>rd</sup> sachet)</p>

\* 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](mailto: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۔

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

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

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

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

Se precisa de uma tradução por favor contacte: 01932 723553

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