

Bowel Preparation Schedule Sheet

CITRAFLEET or PICOLAX

For Colorectal Surgery scheduled in the **MORNING**

Pre-assessment nurse to kindly delete what does not apply

<p>Two days before surgery</p>	<p>0800: 1400: 1800:</p>	<p>You can have LOW FIBRE DIET* 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>One day before surgery</p>	<p>0700: 0800: 0900: 1400: 1600: 1800: 2200:</p>	<p>Can have usual breakfast (eat as normal) then CLEAR FLUIDS and Fortisip Compact Protein once you have taken Picolax or Citrafleet:</p> <p><input type="checkbox"/> Picolax or Citrafleet x1 sachet <input type="checkbox"/> Metronidazole 400mg (1 tablet) <input type="checkbox"/> Neomycin 1g (2 x 500mg tablets)</p> <p><input type="checkbox"/> Fortisip compact protein x1 bottle</p> <p><input type="checkbox"/> Fortisip compact protein x1 bottle <input type="checkbox"/> Metronidazole 400mg (1 tablet) <input type="checkbox"/> Neomycin 1g (2 x 500mg tablets)</p> <p><input type="checkbox"/> Picolax or Citrafleet x1 sachet</p> <p><input type="checkbox"/> Fortisip compact protein x1 bottle <input type="checkbox"/> Drink 1 sachet of Preload mixed in 400 ml of water (1st sachet)</p> <p><input type="checkbox"/> Drink 1 sachet of Preload mixed in 400 ml of water (2nd sachet) <input type="checkbox"/> Metronidazole 400mg (1 tablet) <input type="checkbox"/> Neomycin 1g (2 x 500mg tablets)</p>
<p>Day of surgery</p>	<p>Until 0600: From 0600 until surgery:</p>	<p>You can have CLEAR FLUIDS.</p> <p><input type="checkbox"/> Drink 1 sachet of Preload in 400mls of water- aim to finish by 6am. (3rd sachet)</p> <p><input type="checkbox"/> Sips of clear Fluids (max 1 glass per hour)</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. If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Marta Correia

Department: Colorectal Surgery

Version: 3

Published: September 2023

Review: September 2025

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.



You can use Text Relay to turn telephone communications into text. Use the Relay UK app on your phone, tablet or PC. You can also use Relay UK via Minicom or Uniphone.

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

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

ਜੇ ਤੁਹਾਨੂੰ ਭਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

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 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

Ashford Hospital London Road, Ashford, Middlesex, TW15 3AA Tel: **01784 884488**

St. Peter's Hospital Guildford Road, Chertsey, Surrey, KT16 0PZ Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk