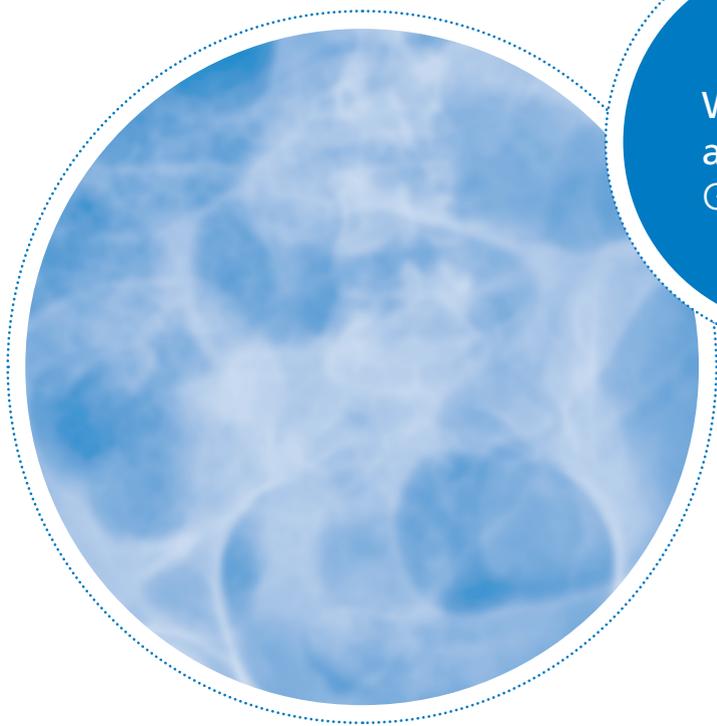


Bowel Preparation Before Gynaecology Surgery

Patient Information



Women
and Children
Gynaecology

This booklet is to help you get ready for your gynaecology operation. Even if your surgeon has explained to you what the operation entails, many of us do not take in all of what is said in clinic. The document is intended to help you understand the purpose of the intended treatment. It is not, however, a personalised document and there may be differences between your individual case and the information given here. If you have any queries regarding the information given please discuss them with the consultant or a member of his/her medical team (doctors or nursing staff).

Why do I need bowel preparation?

If it is known or suspected that treatment may be performed on or very close to the bowel, it is preferable that the bowel is as empty as possible before your operation begins. Also if you have severe endometriosis, extensive adhesions, a large ovarian cyst / mass or suspected cancer, 'bowel preparation' may be required.

What is bowel preparation?

Bowel preparation involves taking a low fibre diet for three days before the operation and also taking laxatives during the day before the operation. After a light lunch on the day before your operation you may only have 'clear' fluids.

If you need 'bowel preparation' it will have been discussed with you in clinic when your operation was being organised.

If you are to be admitted into hospital on the day before your operation, the nursing staff on the ward will have your laxative, so you do not need to get your own laxatives from the chemist.

If you are to be admitted into hospital on the day of your operation, you will need to take your laxative at home. You will need a form to take to your GP so the correct laxatives can be prescribed for you. There are two ways you may be supplied with the form, it will either be given to you during your clinic appointment or posted to you with your admission details.

What day do I start my diet on?

Please see the chart below and start three days before the day of your operation:

Day of operation:	Start diet on:
Monday	Friday
Tuesday	Saturday
Wednesday	Sunday
Thursday	Monday
Friday	Tuesday
Saturday	Wednesday
Sunday	Thursday

You will find listings of foods allowed and foods to avoid on page six.

There are also some alternatives listed for vegans or vegetarians on page seven but you are strongly advised to follow the main daily diet as closely as possible for the most effective and the safest preparation.

Diet Day One

Breakfast:

boiled egg or poached egg
and white bread with a scraping of butter or margarine

Lunch:

steamed/poached/grilled white fish
or steamed/poached/grilled chicken
and either boiled potatoes (peeled) or white bread
clear jelly for dessert

Supper:

as lunch above

You should also drink plenty of fluids throughout the day.

Diet Day Two

Breakfast:

the same choices as breakfast on day one

Lunch:

the same choices as lunch on day one

Supper:

the same choices as supper on day one

You should also drink plenty of fluids throughout the day.

You must not drink alcohol after today.

Diet Day Three

Before your breakfast (and no later than 8am):

Take the first sachet of your laxative as directed

Breakfast:

boiled egg or poached egg
and white bread with a scraping of butter or margarine

Lunch:

steamed/poached/grilled white fish
or steamed/poached/grilled chicken
and either a very small amount of boiled potatoes (peeled)
or a very small amount of white bread
clear jelly for dessert

2 hours after lunch (and no later than 4pm):

Take the second sachet of your laxative as directed

Supper:

clear soup or a meat extract drink may be taken
followed by a clear jelly for dessert

No solid food is allowed. No milk is allowed in drinks. No alcohol is allowed.

However, you should continue to drink plenty of clear fluids throughout the evening and up until two hours before your admission into hospital, especially if you feel thirsty.

Diet on your operation day

Clear fluids only until two hours before your admission into hospital (the time will be on your admission letter).

No chewing gum is allowed after 6am that morning.

Foods allowed in a low residue diet

Meat	>	chicken & turkey
Fish	>	all fish
Dairy products	>	eggs, hard cheese, butter, margarine, cooking oil, lard, skimmed & semi-skimmed milk, plain yoghurt, vanilla ice cream
Vegetables	>	potatoes only: boiled (without skins) or creamed
Fruit	>	none
Miscellaneous	>	sugar, seedless jams, shredless marmalade, boiled sweets, pastilles, golden syrup, clear jelly, salt, pepper, vinegar, tomato ketchup, brown sauce, thin gravy.
Drinks	>	tea, coffee, fruit juices, squashes, bovril, oxo, marmite.

Foods to avoid in a low residue diet

Meat	>	beef, lamb, ham & bacon
'High Fibre' foods	>	wholemeal bread, brown bread, high fibre white bread, breakfast cereals, porridge.
Vegetables	>	avoid all vegetables except potatoes

Fruit	>	avoid all fresh, tinned, frozen and dried fruit
Miscellaneous	>	seeded jams, marmalade with rind, chocolate, nuts, chutney, honey, picallilli, onions, pickles or any pickled vegetable.
Drinks	>	chocolate drinks, malted drinks, lager, beer, cider, all fizzy drinks

What foods and drinks can I have as an alternative to the recommended diet sheet?

Here are also some alternatives to the foods on the recommended diet sheets but you are strongly advised to follow the main daily diet as closely as possible for the most effective and the safest preparation.

- Quorn pieces instead of chicken
- Vegemite, carrot juice, tomato juice or grapefruit juice instead of meat extract drink
- Boiled white rice or pasta (made with durum wheat) instead of boiled potatoes
- Gelatin-free jelly
- Soya milk, soya yoghurt and soya cheese instead of dairy products

We hope that you have found this information helpful. Please remember our staff will be happy to answer any questions you have about any aspect of your care and welcome any comments about this leaflet.

Comments, compliments, concerns or complaints

South Tees Hospitals NHS Foundation Trust is concerned about the quality of care you receive and strives to maintain high standards of health care.

However we do appreciate that there may be an occasion where you, or your family, feel dissatisfied with the standard of service you receive. Please do not hesitate to tell us about your concerns as this helps us to learn from your experience and to improve services for future patients.

Patient Advice and Liaison Service (PALS)

This service aims to advise and support patients, families and carers and help sort out problems quickly on your behalf.

This service is available, and based, at The James Cook University Hospital but also covers the Friarage Hospital in Northallerton, our community hospitals and community health services. Please ask a member of staff for further information.