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BOWEL PREPARATION INSTRUCTIONS

You are about to proceed with an operation which requires you to take a bowel preparation to evacuate your bowel to minimise any potential complications while undergoing some operative procedures.

Please read carefully.

In the instructions "clear fluids" are mentioned. They consist of the following: -

- Water
- Strained fruit juices without pulp or seeds (apple, white grapes, oranges)
- Clear broth
- Coffee or tea (without milk or dairy whitener)
- Carbonated or non-carbonated soft drinks
- Clear ice blocks
- Jelly

The day prior to morning surgery have a normal breakfast. Take only clear fluids for the remainder of the day. At 4 pm mix one (1) bottle of FLEET to ½ glass of cool water. Drink this, then drink one full glass of clear fluid (see list above).

Fast 6 hours prior to surgery this means fasting from midnight.

Remember to consume adequate clear fluids up to 12 midnight to prevent dehydration. At least 2 litres would be recommended