



Anaesthetic Pre-Assessment

Home Bowel Preparation Information for Diabetic Patients Having Bowel Surgery Using Picolax

For your surgery it is necessary for the bowel to be empty. This enables the surgeon to perform a cleaner operation with less risk of infection. Please follow these instructions for bowel preparation and Pre-op drinks.

One week before surgery

Eat normal diabetic diet and take usual medications. If you take iron tablets (Ferrous Sulphate), stop taking these 7 days before your operation date.

Two days before surgery

Avoid a very high protein or fat evening meal and do not drink alcohol.

Day before surgery

We advise you stay at home or within easy reach of a toilet due to the laxative effect of the bowel preparation. Frequent bowel movements usually commence 3 hours after the first dose of bowel preparation.

07:00 - 08:00am

Mix the contents of one sachet of Sodium Picolsulfate (Picolax) with approximately 150mls of cold water. Stir for two to three minutes and then drink the solution. If the solution becomes hot, allow it to cool before drinking.

Breakfast 08:00 - 09:00am

Boiled egg, one or two slices of white bread, or toast and butter, and a small amount of honey if required, or low fibre cereal such as Cornflakes or Rice Krispies. Tea or coffee with milk if required. Follow your usual morning diabetic regime.

Mid-Morning

Two Rich-Tea or Morning Coffee biscuits

Lunch 12:00 - 13:30pm

Small portion of grilled or poached (not fried) fish or chicken, egg or cheese with white rice, usual portion size. Plain yoghurt or clear jelly (sugar-free). **No potato, vegetables or fruit.** Black tea or coffee.

Drink plenty of clear fluids during the afternoon and evening. **No fizzy or cloudy drinks.**

14:00 - 16:00pm

Mix the contents of the second sachet of Sodium Picolsulfate (Picolax) with approximately 150mls of cold water. Stir for two to three minutes and then drink the solution. If the solution becomes hot, allow it to cool before drinking.

Evening medication

Follow pre-operative diabetic medication guidelines as discussed at pre assessment.

Pre-Op Carbohydrate drinks - drink slowly through the evening and finish before you go to bed.

Monitor blood glucose in the evening and before bed.

Day of surgery

Check blood sugar before leaving home. If below 4mmol, treat with 5-7 Dextrose tablets, 1-2 tubes of Glucogel or 3-4 heaped teaspoons of sugar dissolved in water.

Admission time **07:00** drink water until **06:00**.

Admission time **11:00** drink water until **11:00**.

Take prescribed morning medications with water except those you have been advised to temporarily stop by Pre-assessment or a health care professional.

Please bring all medications to hospital.

If you have any questions or are worried about anything, please speak to:-

Nurse Specialist, Pre Assessment: 01305 254222

Nurse Specialist, Diabetic Team 01305 255342

Useful Websites:

Anaesthetic information: www.rcoa.ac

Diabetic information: www.diabetes.uk

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk



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