

Bowel prep for surgery

Pico-Salax and Dulcolax

The day before your surgery _____

- You may have your regular breakfast before 8:00 am.
- Then, you may only have clear fluids.

Clear fluids

- black tea or coffee, sugar is okay (no cream, milk or soy products)
- Jello
- chicken broth or consommé soup
- pop
- clear fruit juice such as apple juice
- water
- Kool-aid
- Gatorade
- popsicles

Time	
_____	Take the Dulcolax tablets.
_____	Mix 1 packet of Pico-Salax with 5 oz or 150 ml of cold water. Stir well for 2 to 3 minutes. Sometimes the mixing of the Pico-Salax will make the water hot. If it becomes hot, wait until it cools before you drink it. Drink the solution, then drink at least 4 more cups of any clear fluid. One cup is 8 oz or 250 ml. It may be helpful to drink with a straw. The more fluids the better.
_____	You will need to mix and drink the other packet of Pico-Salax the same way, then drink 4 more cups of clear fluid. You may drink clear fluids up to midnight.

Remain close to a toilet. You will have frequent diarrhea type bowel movements.