

Patient information

Instructions for taking Picolax and a Diet Plan before surgery

Please read these instructions very carefully

The day **BEFORE** your operation two doses of Picolax are needed.

You should expect frequent loose bowel motions to start at any time after taking a dose of Picolax. Please ensure you always have access to a toilet following each dose, until the effects wear off.

Breakfast (08:00 – 09:00 am)

Please follow the low residue diet sheet for your breakfast but bear in mind that the effects of the Picolax mean that you will not absorb it.

11am – First dose of Picolax

Clear fluids only after 1st dose:

Water, energy drinks, soda water, tea/coffee without milk, fizzy drinks, squashes, strained fruit juice, herbal/fruit tea, clear soup or drinks made from stock/meat extract cubes.

2pm – Second dose of Picolax

Continue with Clear Fluids as above until the fasting instructions on your **admission letter** begin; it will be either midnight for morning surgery or 07:30 for afternoon surgery, you will then have **plain** water only.