

Your operation is scheduled for Tuesday afternoon, _____(date) at Royal Prince Alfred Hospital.

2 days before surgery (Sunday)

Have normal lunch and breakfast. Start diet after lunch.

No solids

Full liquid diet (anything that can be poured)

Milk products allowed

In the afternoon take Picoprep 1 sachet

1 day before surgery (Monday)

No solids

Clear fluid (anything the sun shines through)

No milk products

In the afternoon take Picoprep 1 sachet

Day of surgery

Nothing to eat or drink after _____(time) on _____(day).

Medications

Stop Aspirin and other non-steroidal anti-inflammatory medications such as Naprosyn, Naprogesic, Brufen, Nurufen etc 14 days prior to surgery. Painkillers with paracetamol or codeine are not a problem and can be taken up to fasting time.

Continue other medications and take with a sip of water.

Sydney Gynaecology & Endometriosis Centre

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