

General Gynaecology Outpatient Pre-surgery Bowel Preparation



Patient Information

Gynaecology, Women's Health Service

Your specialist has discussed the need for a bowel surgery preparation to commence the night before your surgery.

What is bowel surgery preparation?

Bowel preparation cleanses the lower section of your bowel so that if bowel surgery is needed this can be performed safely.

Bowel preparation is needed:

1. When there is a possibility the bowel may be operated on during surgery,
2. To increase the safety of this surgery particularly in women who are overweight.

You will be advised during your appointment if you will need bowel preparation before your surgery.

How is bowel preparation done?

During your pre-assessment appointment you will be given two Fleet enemas to take home with you. These are saline laxatives which are taken rectally (in your bottom). You must not drink this medicine. Please carefully read the instructions on the box, if you have any questions please contact the nursing staff on ward 4 North Gynaecology (contact number at bottom of sheet).

You will need to administer the first enema at 8pm the night before your surgery. The second enema will be administered at 6am the next morning on the day of your surgery. The medication usually works quickly (within minutes) so make sure that you are close to a bathroom.

Eating Instructions

At the time you take your first enema at 8pm the night before surgery you will need to stop eating and will be allowed to have clear fluids only this includes:

- Water
- Clear fruit juice without pulp or seeds, e.g. apple
- Clear soups – made with stocks, oxo cubes, vegemite or marmite (all added meats and vegetables must be strained out)
- Coffee and Tea (without milk or non-dairy whitener).
- Soft drinks provided they are not red or purple coloured.
- Clear fruit flavoured cordials/drinks – provided they are not red or purple coloured
- Clear ice blocks – provided they are not red or purple coloured.

From 2am the day of surgery you will need to be 'nil by mouth' for your surgery, this means you must not eat, drink, smoke or chew gum. You will be contacted by the Surgical Admissions Unit (SAU) the last working day before your surgery, if you have not received a call before 4pm, please call SAU on 04 8060962.

Please avoid alcohol the day or evening before your surgery.

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Questions or concerns

If you have any questions or concerns about your bowel preparation please contact ward 4 North Gynaecology on 04 806 0881.

Contact us

Ward 4 North (Pod A Gynaecology)

Level 4

Wellington Hospital

Phone: (04) 806 0881

