

Instruction for Diet and Medication for Pre-operative preparation

Surgery day minus 2

Can take:

- Clear soups
- Eggs/scramble egg or boiled egg
- Tea/coffee
- Water without gas
- limited quantity of chicken /fish baked

Do not consume:

- Fizzy drinks
- Fruit juices
- sparkling water
- Bread/pasta/pizzas/rice
- Milk and milk products (yoghurt, cheese)
- Fried foods
- Vegetables

Surgery day minus 1

Can take:

- Clear soups (till 8:00 PM)
- Tea/coffee (till 8:00 PM)
- Water without gas-to consume 3 lit in the day up to 11:00 PM

Take „Prepacol“ as explained below

-Mix liquid medication in 70ml water and consume at 6:00 PM.
Drink a glass of plain (gasless) water with it.

-Consume the 4 tablets in the pack, 4 hours after ie at 10:00 PM with a glassful of plain water.

-Continue drinking water thereafter till 11:00 PM

-Do not consume ANYTHING AFTER 11:00 PM OR ON THE MORNING OF SURGERY.
You are to be ABSOLUTELY FASTING on morning of day of surgery.