Translation and interpreting services

If you do not speak English as a first language, use sign language (BSL) or have a learning difficulty, our in-house Bilingual Health Advocacy and Interpreting Service can help.

St Bartholomew's, Mile End and The Royal London Hospitals
Telephone: **020 7377 7000**

Newham University Hospital
Telephone: **020 7476 4000**

Whipps Cross University Hospital
Telephone: **020 8539 5522**

Text Relay service for Deaf people
Our dedicated number is **18002** and then **add in the number** you are wanting to phone**.** It is available 24/7 for deaf people to access emergency services through interpreters across our hospitals.

Please scan the QR code below to access our patient information library and for translation of leaflets

Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services: www.bartshealth.nhs.uk/pals

Switchboard: 020 3416 5000
www.bartshealth.nhs.uk

Reference: BH/PIN/1166
Publication date: October 2025
All our patient information leaflets are reviewed every three years

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Bowel preparation before abdominal surgery

Gynaecological Oncology Department
Patient information

Introduction

Your team has requested that you have bowel preparation to help make abdominal (tummy area) surgery safer, easier and to reduce infection. Bowel preparation is made up of a low residue diet 3 days before surgery and laxatives (medicines to empty your bowels) and/or antibiotics the day before surgery.

A low residue diet limits fibre and foods that stimulate the bowel. There is a low residue diet list available in this leaflet. However, you should not have any solid food the day before surgery, while taking the prescribed laxatives and antibiotic medications.
While taking the laxative medications, the day before surgery, you will also need to ensure that you drink enough clear fluids. You should drink clear fluids up until 6 am on the day of surgery. There will be a list available of which clear fluids you will be able to drink.

What happens if I am diabetic and on medication?

If you have diabetes, you may need to adjust your diabetic tablets or insulin as you will not be eating solid food. Those taking metformin or a gliptin (Linagliptin, sitagliptin etc.) can usually continue taking these tablets without any issues. For those who have glucometers, you should monitor your blood glucose more frequently. If your blood glucose levels are greater 12mmol/l you need to contact your GP or Diabetes Specialist Nurse. If you experience hypoglycaemia, (blood glucose less than 4mmol/l) then you should treat this with sugary drinks (see hypo leaflet for detailed information). If you are diabetic, you won't usually be prescribed the pre-op drinks (high carbohydrate supplement in a carton), but you may drink freely from the list of recommended clear fluids. Please call gynae oncology doctors for advice by calling the RLH on 0207 377 7000 Ext 45844.

Clear fluids list

On the day before your operation, you should stop eating and only drink the fluids listed below.

Clear fluids allowed

- Water or flavoured water
- Soda or tonic water
- **Black** tea, coffee, herbal, or fruit teas
- Diluted clear fruit squash e.g., apple, grape with no pulp
- Fizzy drinks e.g., lemonade (although they may make you feel bloated)
- Energy drinks e.g., Lucozade
- Meat or yeast extract drinks e.g., Bovril or marmite
- Miso/consommé soup (no vegetable or pasta or meat bits)
- Bone broths
- Jelly
- Popsicles (without fruit or fruit pulp)
- PreOp drink supplied (check the timings recommended)
- You may add sugar to your drinks if you prefer

	canned deseeded tomatoes, passata, tomato puree. Vegetable juices (no bits). Well-cooked and smooth pureed or mashed beans and lentils e.g. hummus	
	Foods allowed	**Foods to avoid**
Milk	Milk yoghurts-smoothies all cheese yogurt smooth cream	Yoghurts/cheese with fruit/nut pieces
Other	Salt, pepper, gravy, stock cubes, powdered spices. tea, coffee, fruit juice (no pith), squash, water, crisps. Honey, sugar, chocolate, marmite Bovril, ketchup, and mustard.	Herbs with stalks & leaves (can use in cooking but remove before eating) nuts
Confectionary	with white flour & without dried fruits and nuts e.g. swiss rolls, jam, custard, ice cream, jelly Semolina Milk chocolate Fudge & toffee Boiled sweets, mints & fruit gums Sugar, syrup Seedless jam	Puddings & cakes made with wholemeal flour/dried fruit e.g. mince pies, fruit scones, Chocolate containing dried fruit/nuts Popcorn Jam with seeds/peel

What about my other medications?

All other medications should generally be continued unless you are specifically told to stop them. If you are on iron, you will need to stop this a week before undertaking the bowel preparation. If you are on fibre supplements you will need to stop this 4 days before starting bowel preparation.

How to I take the laxative drink?

If you have been given **Picolax**, you will need to dissolve the sachet first in a small amount of cold water, then once the fizzing has settled, you can fill up the rest of the glass with cold water and sip over a few minutes. You should then drink fluids every hour for the laxative to take effect and to keep hydrated. You will need two doses of Picolax taken several hours apart (see page 4).

If you have been given **Moviprep,** you will have also been given a kit with a disposable mixing container with two pouches labelled ‘A’ and two pouches labelled ‘B’. There are specific mixing instructions which you will need to follow in the kit, as each drink is made up to about approximately one litre and portions drunk every 15 minutes plus instructions to drink extra fluids. If you do not have any instructions, please do contact your pharmacist or nurse.

Once you start either laxative, you will need to stay near a toilet as the medication will make you have loose bowel motions. You may get some abdominal (lower tummy area) cramping. Some patients find that using a barrier ointment, such as Vaseline on their back passage area useful to make the area more comfortable.

Some people feel slightly sick, if you do, you can sip fluids more slowly. If you have vomiting and cannot keep fluids down for 4 hours, please contact the ward where you are planned to be admitted for further advice. Instructions for laxatives will also be in the box.

Questions

If you have any questions or worries about managing bowel preparation at home, please ask the clinical team looking after you. If unsure, you can check with your specialist nurse on 0203 465 5281 or your preadmission nurse on 0207 377 7364.

Day BEFORE surgery:

No solid food, but please drink clear fluids only

8am

- Picolax 1 sachet **or** Moviprep A +B
- Metronidazole 400mg tablet
- Neomycin 1000mg (2 x 500mg tablets)

2pm

- Metronidazole 400mg tablet
- Neomycin 1000mg (2 x 500mg tablets)

4pm

- Picolax 1 sachet **or** Moviprep A +B
- PreOp drink 2 x 200ml 4pm until midnight

10pm

- Metronidazole 400mg tablet
- Neomycin 1000mg (2 x 500mg tablets)

Day of surgery:

- PreOp drink 2x200ml before 6am
- Nil by mouth (no more fluids) after 6 am

Low residue diet (start 3 days before surgery)

	Foods allowed	Foods to avoid
Bread/pasta	White or corn flour products like pitta bread, naan bread, scones etc white pasta white noodles white rice couscous, pastry	Wholemeal/wholegrain breads and wholemeal/grain flour wholemeal pasta brown rice oats/bran/barley
cereal	Rice Krispies Cornflakes Frosted Flakes Special K Ready Brek	Bran flakes Whole wheat cereals Muesli/dried fruit/nuts
Meat &Fish vegetarian	All kinds of tender fish, meat, and meat products, eggs tofu quorn peeled prawns	Skin & bones of fish gristle, tough cuts of meat pies containing vegetables listed below
Fruit/nuts	Cooked/stewed fruit (no skins/pips), fruit juice (no bits, not freshly squeezed), tinned peaches, pears, apricots. fruit coulis	Tough skins seeds and pips citrus fruit membrane/pith dried fruit pineapple core nuts
Vegetables	Well-cooked, soft & easily mashed root vegetables e.g. carrots, swede, parsnips. Potatoes all kinds (without skins). Tomatoes without skin or pips, tomato juice,	Baked beans split peas and lentils tough skins/stalks e.g. jacket potato skins peas/sweetcorn/celery Seeds/pips and raw salad