

# LOW FIBRE DIET PRE OPERATIVE INSTRUCTIONS

Procedure: \_\_\_\_\_

Date: \_\_\_\_\_ Please report to the admission desk at: \_\_\_\_\_

**NEW REFERRAL REQUIRED BEFORE PROCEDURE YES / NO (Send to practice not hospital)**

Location: \_\_\_\_\_

Your doctor is: \_\_\_\_\_

Your anaesthetist is: \_\_\_\_\_

If you have any questions or to discuss out of pocket expenses your anaesthetist may charge please ring: \_\_\_\_\_

## **DIET & FASTING INSTRUCTIONS:**

### **DAY BEFORE YOUR ADMISSION**

Please commence **LOW FIBRE DIET** at: \_\_\_\_\_

- White bread – fresh or lightly toasted
- Butter / margarine
- Vegemite, honey
- Yoghurt – low fat, plain or vanilla
- White cheese ie cottage, feta, ricotta
- Eggs – scrambled, poached or boiled
- Chicken – skinless
- Fish – skinless.
- Potato – peeled and cooked
- Pumpkin – peeled and cooked
- Plain biscuits – Jatz, Arrowroot

Milk is allowed including milk substitutes

### **DAY OF YOUR ADMISSION**

You may have a low fibre diet until \_\_\_\_\_. Then commence **CLEAR FLUIDS:**

- Water
- Clear broth, stock cubes in water
- Cordial
- Fruit juice – strained, without pulp or seeds ie clear apple
- Teaspoon of Bonox or Vegemite in hot water
- Black tea, herbal tea or coffee
- Sugar, honey or artificial sweeteners are allowed
- Plain jelly – without fruit
- Clear ice blocks – lemon sorbet
- Sports drinks or gastrolyte.
- Soda water, mineral water, lemonade
- You may suck on barley sweets or other hard travel sweets

***Report to Hospital as advised***

# MEDICATIONS

**PLEASE TAKE ALL YOUR REGULAR MEDICATIONS **except** for the following:**

- **Clopidogrel (Plavix, Iscover, Clopidogrel Plus, Coplavix, Duo Cover)**
- **Dabiatran (Pradaxa)**
- **Rivaroxaban (Xarelto)**
- **Apixaban (Eliquis)**
- **Other anticoagulants need to be addressed specifically with your doctor**

\_\_\_\_\_ **STOP ON** \_\_\_\_\_ **LAST DOSE ON** \_\_\_\_\_

**Aspirin** should be stopped **10 days** prior to your procedure, unless otherwise instructed by your doctor.

**All natural remedies** / medications should be stopped **7 days** prior to your procedure

**Fish oil**

**Krill oil**

**Glucosamine**

**Iron** should be stopped **5 days** prior to your procedure, if colonoscopy is also being performed.

**Warfarin** should be stopped **4 days** prior to your procedure unless otherwise instructed by your doctor.

**Non-steroidal anti-inflammatory drugs** should be stopped **2 days** prior your procedure

**Nurofen/Ibuprofen**

**Indocid**

**Celebrex**

**Mobic**

**Voltaran**

**Diuretics** should not be taken on the morning of your procedure

**Frusemide**

**Spirolactone**

If you have **diabetes** please refer to the **DIABETIC MEDICATION** pages for instructions.

**Please take all your other regular medications as per normal**