

Bowel Prep

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Key Documents Owner:	Mr Thomson	Consultant Gynaecologist
Approved by:	Gynaecology Governance Meeting	
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This is the most current version and should be used until a revised document is in place		

Key Amendments

Date	Amendment	Approved by
26 th January 2019	Documents extended for 3 years	Mr Hughes
14 th December 2020	Documents approved for 3 years	Miss Blackwell
29 th December 2023	Document extended for another 6 months whilst under review.	Alex Blackwell
20 th August 2024	Document extended for another 6 months whilst under review.	Alex Blackwell

1. Short bowel prep.

Senna 7.5mg BD for five days prior to surgery.

Following a low residue diet for the same time frame (see appendix)

Admit night before surgery for

Phosphate Enema.

Repeat Phosphate Enema morning of surgery.

2. Full bowel prep.

Low residue diet for five days before surgery.

Ensure patients are advised to drink 2.5 litres fluids from start of bowel prep

Admit night before surgery for either

Picolax or Movi-Prep first sachet mid-day prior to surgery second sachet six hours later

Appendix 1- Low Residue Diet

The aim of this diet is to clear the bowel of most of its faecal content, either to prepare for diagnostic tests or surgery which may involve the bowel. This is a very restricted diet and is usually only used for a temporary period.

The purpose of this information sheet is to explain which foods you can have and which to avoid. It is not an exhaustive list but should help you to choose foods more easily.

	Foods Allowed	Foods to Avoid
Starchy Foods	<ul style="list-style-type: none"> • White bread/flour • White pasta • White rice • Cous cous • Pastry (white flour) • Crisps 	<ul style="list-style-type: none"> • Wholemeal or granary bread/flour • Wholemeal pasta • Brown rice • Pearl barley • Quinoa • Pies with wholewheat pastry and/or containing meat or vegetables listed in this column
Breakfast Cereals	<ul style="list-style-type: none"> • Cornflakes • Rice Krispies • Frosted Flakes 	<ul style="list-style-type: none"> • All wholewheat cereals eg. Branflakes, Wheatabix, Shreddies • Porridge • Muesli • All cereals containing dried fruit, nuts and seeds
Dairy	<ul style="list-style-type: none"> • Milk • Smooth yoghurt • Cheese (without fruit/nuts/seeds) 	<ul style="list-style-type: none"> • Yoghurt and cheese with fruit/nuts/seed within
Meat, Fish and Eggs	<ul style="list-style-type: none"> • All tender meat, fish and poultry • Eggs 	<ul style="list-style-type: none"> • Tough, gristly meat • Skin and bones of meat/fish
Vegetables	<ul style="list-style-type: none"> • 1-2 portions daily • Peeled, well-cooked, soft, mashable • Potatoes (not skins) 	<ul style="list-style-type: none"> • Raw vegetables including salads • Baked beans • Split peas/lentils • Peas • Sweetcorn • Celery • All seeds, pips, tough skins
Fruit	<ul style="list-style-type: none"> • 1-2 portions daily 	<ul style="list-style-type: none"> • All dried fruit • Citrus fruit

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	<ul style="list-style-type: none"> • Soft, ripe, peeled fruit, without pips or seeds eg. tinned fruit, peaches, plums, melon, apricot, nectarines, ripe bananas, apples and pears (not skins) 	<ul style="list-style-type: none"> • Berries eg. strawberries, raspberries • Prunes • Smoothies and fruit juices with bits
Nuts	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Avoid all
Desserts and Sweets	<ul style="list-style-type: none"> • Sponge cakes (without fruit, pips, nuts) • Custard • Ice cream • Jelly • Semolina • Seedless jam • Plain biscuits • Chocolate without fruit/nuts 	<ul style="list-style-type: none"> • Puddings/cakes/biscuits made with wholemeal flour, dried fruit, nuts, seeds eg. digestives • Chocolate, fudge, toffee with dried fruit/nuts • Marmalade with peel • Jam with seeds • Popcorn • Marzipan
Fats	<ul style="list-style-type: none"> • All Ok in moderation 	<ul style="list-style-type: none"> • None
Other	<ul style="list-style-type: none"> • Clear soups • Spices, pepper • Stock cubes • Tea, coffee, squash 	<ul style="list-style-type: none"> • Lentil/vegetable soups • Pickles/chutneys • Horseradish • Relish

Suggested meal plan**Breakfast**

Glass of strained fruit juice

Cereal- Rice Krispies, Cornflakes with milk

And/or Bread/toast (white) with thin scrape of butter, boiled egg or seedless jam.

Lunch and Evening Meal

Lean meat, fish or poultry, potatoes (boiled/mashed- no skin) or white pasta/rice and 1 portion of soft, mashable veg

Plain jelly or milk pudding