

DR WP DE BEER

MBChB [UFS] M MED [SURG] CUM LAUDE

GENERAL SURGEON/ALGEMENE CHIRURG

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BOWEL PREPARATION

If you are having the procedure on Monday:

1. **Senokot** – Take two (2) senokot on **Sunday** in the morning.
 2. At approx **08H00** on Sunday try have a light breakfast (eg: scrambled eggs on a toast)
 3. **Pico-prep** – take 1 sachet @ 10h00, 1 sachet @ 14h00 & 1 sachet @ 18h00 on **Sunday**.
 4. On **Sunday** from 10h00 only clear fluids (**black** tea & coffee, clear soups eg: hearty beef, tomato, oxtail; Juices without cells eg: Oros, litchi, apple, Jelly but no red).
Take at least 4 Liters fluids during the day.
 5. **Nil per mouth** from 07h30 on **Monday**
 6. Report to Linksfield Hospital reception on **Monday** between **10h30 – 11h00**.
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If you are having the procedure on Wednesday:

1. **Senokot** Take (2) senokot on **Tuesday** in the morning.
 2. At approx 08H00 on **Tuesday** try have a light breakfast (eg: scrambled eggs on a toast)
 3. **Pico-prep** – take 1 sachet @ 10h00, 1 sachet @ 14h00 & 1 sachet @ 18h00 on **Tuesday**.
 4. On **Tuesday** from 10h00 only clear fluids (**black** tea & coffee, clear soups eg: hearty beef, tomato, oxtail; Juices without cells eg: Oros, litchi, apple, Jelly but no red).
Take at least 4 Liters fluids during the day.
 5. **Nil per mouth** from 22h00 on **Tuesday**
 6. Report to Linksfield Hospital reception on **Wednesday** between **6h00 – 6h30**
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If you are having the procedure on any other day:

1. **Senokot** – Take two (2) Senokot the morning before procedure.
2. At approx 08H00 the day before procedure try have a light breakfast (eg: scrambled eggs on a toast etc.)
3. **Pico-prep** – take 1 sachet @ 10h00, 1 sachet @ 14h00 & 1 sachet @ 18h00 the day before procedure.
4. The day before procedure from 10h00 **ONLY** clear fluids (**black** tea & coffee, clear soups eg: hearty beef, tomato, oxtail; Juices without cells eg: Oros, litchi, apple, Jelly but no red).
Take at least 4 Liters fluids during the day.
5. **Nil per mouth** from 22h00 the evening before procedure.
6. Report to Linksfield Hospital reception on the day of procedure between _____ &

NB!!! IF THE WARD DID NOT BOOK A FOLLOW-UP APPOINTMENT, PLEASE CALL THE ROOMS TO DO SO.