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## **DIET BEFORE LAPAROSCOPIC SURGERY**

### **1 DAY BEFORE SURGERY**

- **No** solids
- Clear fluids (anything the sun shines through)
- **No** milk products
- In the afternoon take 1 sachet of bowel prep (Pico Prep) and an additional sachet in the early evening. Pico Prep is available from the chemist without a prescription.

### **DAY OF SURGERY**

- Do not eat anything after midnight for morning surgery
- Do not eat anything after 7am for afternoon surgery

### **MEDICATIONS – What to do**

- **Stop** Aspirin and other non-steroidal anti-inflammatory medications **7 days** prior to surgery.
- Continue other medications and take with a sip of water on the morning of surgery.