



gold coast
spine

Anterior lumbar spine surgery pre-operative bowel preparation and Hospital diet

You will be undergoing anterior spine surgery with Dr Matthew Scott-Young. To assist with your postoperative recovery, it is important that your bowel is as empty as possible before your surgery. It is also important that you follow the hospital diet for our patients who have anterior lumbar surgery.

Please read this information carefully and follow the steps before your admission.

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Step 1: Lighten up your diet

In the week before your surgery, Dr Scott-Young recommends that you adjust your diet to decrease your intake of red meats, breads, white rice, and potatoes.

You should be eating fish, white meat, salads and steamed vegetables. You also need to stay well hydrated as this will assist with your postoperative recovery. Please drink plenty of water.

Step 2: Purchase a bowel preparation at your local chemist

Bowel preparations are available over the counter at your local chemist. Common brands are PicoPrep®, Picosalax®, and Picolax®. You only require two sachets (or doses) for your anterior surgery.

WARNING: You should expect frequent loose bowel motions to start any time after taking Sachet 1. Ensure that you have access to a toilet at all times following each dose, until the effects wear off.

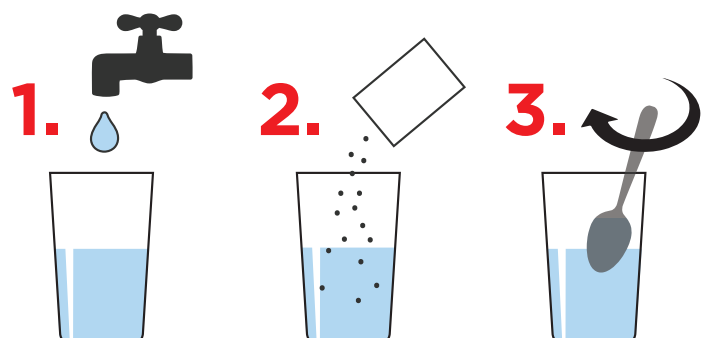
Step 3: Stop eating solid foods and start your bowel preparation

Stop eating solid foods and take **Sachet 1:**
Day: _____

Date: _____

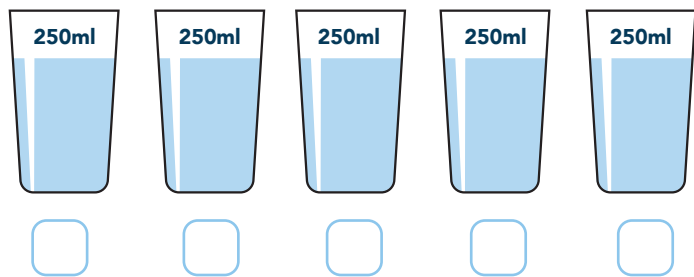
Time: _____

Prepare the bowel prep sachet according to the packet instructions. Read the instructions carefully.



Step 4: After Sachet 1

Drink at least 5 large glasses (250ml each) of **clear liquids**, spread over several hours. See page 3 for a list of Clear Liquids. Tick as you drink.



Step 5: Sachet 2

Take **Sachet 2**:

Day: _____

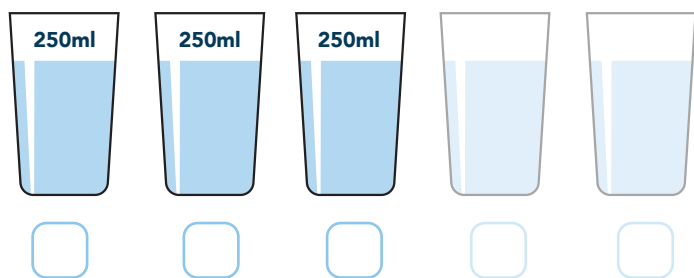
Date: _____

Time: _____

Prepare the sachet according to the packet instructions.

Step 6: After Sachet 2

Drink at least 3 large glasses (250ml each) of **clear liquids**, spread over several hours. Tick as you drink.



Step 7: Nil by mouth before your surgery

You must be **NIL BY MOUTH** (nothing to eat or drink, including water and chewing gum) from:

Time: _____

Day: _____

Date: _____

NOTE: You may have your usual morning medication with a small sip of water.

Step 8: Hospital diet

To ensure the best recovery possible your postoperative diet will be carefully managed in hospital. On day one after surgery you will only be allowed water. Once your bowel sounds return, you will be moved to clear fluids and then to soups and jellies.

This will progress to a light diet with the goal to be on a normal diet before your discharge. This diet is very important for your recovery. The combination of the anterior approach, your pain medicine, and your lack of mobility while in hospital slow the bowel down. The risk is that your bowel can go to sleep (an ileus) and you can then get constipated.

Failure to follow the required hospital diet may result in a longer hospital stay. It is expected that you will have had a successful bowel movement prior to your discharge.

IMPORTANT: It is important that your family and friends do not bring you inappropriate food or drink during your hospital stay. We recommend that you share this information with them before your admission.

Step 9: Diet on returning home

On returning home, it is important to maintain a well balanced diet that is rich in lean protein. It is also important to stay well hydrated by continuing to drink plenty of water. This will assist with your recovery from surgery.

Step 10: Maintaining a healthy weight

Maintaining a healthy weight after your surgery will play an important part in your recovery and the long term success of your surgery. Any dietary changes you have needed to make to prepare for surgery should become part of a lifelong commitment to a healthy lifestyle through diet and exercise.

Clear Liquids List

WARNING: Do not drink water alone. Serious dehydration and electrolyte disturbances may occur in some people. Please drink a combination of the suggested clear liquids below.

OK to drink...



- Water
- Clear juice
- Clear white grape juice
- Plain jelly
- Clear soft drinks
- Isotonic drinks eg. Powerade®
- Hypotonic drinks eg. Hydralyte®

Dairy-free hot drinks and clear soup

- Black tea
- Black coffee
- Clear soup eg. strained chicken broth

DON'T drink...



- Cloudy fruit juice with pulp
- Milk or dairy products
- Soy or nut milk

Questions? If you have any questions, please don't hesitate to contact our nursing staff on (07) 5528 6477.