

Dr. Celi Varol
MB BS FRACS (Urology)
Laparoscopic & Laser Urologist
Reconstructive Uro-Oncologist

All Correspondence to P.O Box 307 Penrith. 2751

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.