

Dr. Hamish Hwang Inc.

General Surgery, GI Endoscopy & Esophageal Physiology

www.doctorhwang.ca

24 Hour Bowel Preparation for Hemorrhoidectomy

Your surgeon has booked you for a hemorrhoidectomy. Part of the procedure includes preparing the bowel. The bowel must be thoroughly cleansed for your operation to avoid discomfort with bowel movements after your operation.

Purchase 1 box of Pico-Salax. It is an over-the-counter medication but you must ask the pharmacist for it. Do not follow the instructions that come with the Pico-Salax box – FOLLOW ONLY THESE INSTRUCTIONS.

Read the entire procedure before starting the preparation. Bathroom facilities should be readily available for the day.

1 day prior to your hemorrhoidectomy :

DO NOT EAT ANY SOLID FOODS starting from 24 hours before your operation. You may have Jell-O or clear fluids.

Drink large amounts of **CLEAR** fluids throughout the day. **CLEAR FLUIDS ONLY**. Examples include water, juice, white grape juice, white cranberry juice, soda water, clear soup, tea and coffee.

Take the Pico-Salax:

1st sachet 5:00 pm
2nd sachet 8:00 pm

In a mug dissolve the contents of 1 sachet in 150 ml of **COLD** water. Stir for 2-3 minutes and drink the solution. If it becomes hot, wait until it cools before you drink it.

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POST SURGERY HEMORRHOIDECTOMY INSTRUCTIONS

You will wake up in the recovery room. When your blood pressure, pulse and breathing are stable, you will be taken to the daycare surgery area. Most patients go home on the day of their surgery. As you leave the hospital you will be given a prescription for medication that will control most pain you may have.

At home:

- You should **stay on a clear fluid diet** until you have the first bowel movement.
- Sitz bath with warm water four times a day and after bowel movements. Towel dry with a cloth towel
- Stool softeners (colace) twice a day
- Small doses of lactulose to keep things working (constipation is a particular side effect of pain medication).
- Toradol 4 times a day and Ativan can be helpful to reduce pain and swelling. You may take Tramacet in addition to these.
- Use Anusol ointment and Preparation H as needed.
- Expect some minor bleeding for three to four weeks.
- You may feel some of the stitches a bit on the external anal area. They will eventually dissolve
- You can resume driving when it is comfortable to do so.
- You may resume sexual activity whenever pain and soreness subside
- Minimal lifting and strenuous activity for three to four weeks.
- You must return to Dr. Hwang's office for a post-op appointment about two months after surgery. Please call Dr. Hwang's office at 545-2288 to schedule an appointment.

When to call the office:

- If you have continuous bleeding with clots
- If you develop a temperature higher than 38.5 degrees Celsius
- If you have any questions

GO TO THE EMERGENCY ROOM OR CALL 911 FOR any chest pain or other medical emergency!

This includes fainting, dizziness, or severe pain in the abdomen. Also, if you are unable to reach the office, you can always visit the emergency room for the more urgent things, and the surgeon on call can be contacted.