



# Dr. Natalie Shaw

MBBS FRANZCOG

Obstetrician & Gynaecologist

Provider No: 2462053J

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## **Diet Prior to Laparoscopy**

From midday the day before your laparoscopy please have a diet of clear fluids only, ie anything that you can see through, for example soups, jelly.

At 6pm the night before the operation, take one sachet of Pico-lax. This can be purchased from a pharmacy. This will cause you to have a loose bowel motion. This is important to clear the bowels and make the surgery safer.

You can continue to have clear fluids until 6 hours before the operation.

Please remember to stop aspirin 10 days before the operation and to let me know if you are on other blood thinning medication.