

# COLONOSCOPY BOWEL PREPARATION INSTRUCTIONS



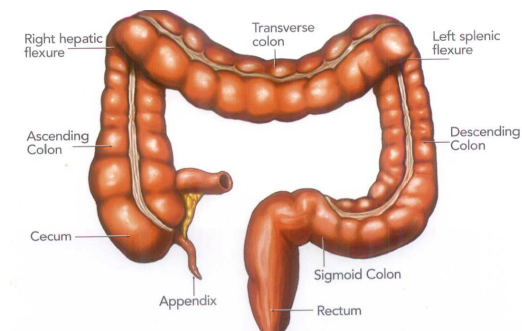
**Procedure Date:**

**Admission Time:**

Tel: 97918788

**Please read these instructions carefully at least 4 days before your procedure to ensure you understand them. If you have any queries, please call the Digestive Health Centre during business hours.**

**The success of your examination depends on the bowel being as clean as possible, otherwise the examination may need to be cancelled and the preparation repeated.**



**4 days prior: Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday**

- Stop taking iron tablets until after your procedure
- Stop taking fibre supplements ie: Metamucil, bran, Normacol, Fybogel, Movicol.
- Take regular medication

**3 days prior: Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday**

- Take regular medication today

2 days prior: **Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday**

## Special diet

This diet reduces the residue from food that enters the large intestine therefore you must avoid cereals, grains, nuts, seeds and fibre

- Take regular medication today
- Take 1 Duro lax tablet at night

Foods to be selected from this list **ONLY**

### ***Bread, Cake, Biscuits***

white bread  
white English muffins or crumpets  
plain/butter cake, teddy bear biscuits  
Salada or Sao crackers  
pancake

### ***Cereals***

Rice bubbles, cornflakes, Nutrigrain,  
Semolina. Special K  
white rice, sago, macaroni, spaghetti, pasta noodles, tinned spaghetti (in plain tomato sauce)

### ***Meat, fish, poultry, eggs***

lean meat, chicken, fish (no fat or skin) –( braised, grilled, baked, steamed)  
Tofu, bean curd  
eggs (except fried)  
tuna (in spring water/brine)  
ham

### ***Milk and dairy products -choose low fat products:***

milk, cheese, low fat ice-cream, custard, rice pudding  
plain or flavoured yoghurt (no skin or seeds) eg banana/vanilla

### ***Soups***

strained soup without pepper, seasonings  
clear soups

### ***Miscellaneous***

Jam(no fruit skins or seeds), honey, syrups,  
sugar, salt, vegemite, marmite, barley sugar,  
jelly beans, jubes, boiled sweets

### ***Fruits***

tinned/stewed apple, peaches, pears –NO FRESH OR DRIED FRUITS

### ***Vegetables***

peeled/well cooked potato, pumpkin, squash, asparagus  
tips, tomato puree/paste  
NO BEANS OR LENTILS

## SAMPLE MEAL IDEA

### ***BREAKFAST FOODS***

suitable cereal with milk and sugar  
eggs- boiled, poached, scrambled  
white bread crumpets or English muffins (toasted if desired) with scrape of margarine, honey, vegemite, fruit jelly  
tinned spaghetti in tomato sauce  
strained fruit juice

### ***LUNCH***

strained soup with rice or noodles  
omelette with lean ham or cheese

*MAIN MEAL*

grilled or roasted tender lean meat/skinless chicken  
grilled or steamed fish  
spaghetti with premium minced meat, pureed tomato or grated cheese  
plain meat rissoles (spray oil only)

*DESSERTS*

creamed rice/sago/macaroni/tapioca  
custard, rice custard, bread and butter pudding (no sultanas)  
junket, jelly  
add low fat ice-cream or custard to any of these desserts  
pancakes

*BETWEEN MEAL SNACKS*

plain dry biscuits with cheese or suitable spread  
plain sweet biscuits  
natural, vanilla or fruit flavoured (no skin) yoghurt or Fruche  
Milo, milk, coffee, tea, fruit juice

1 day prior: **Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday**



- Add Glycoprep sachet to 1 litre water and refrigerate
- Take regular medication today
- 2 slices white toast only for breakfast (honey or vegemite), tea/coffee, with low fat milk

- **No more solid food following your breakfast, and commence APPROVED CLEAR FLUIDS ONLY (list below)**

It is important that you drink the extra fluids stated in these instructions, as the sachets that you are consuming can have a dehydrating effect on your body.

**Approved clear fluids:** Drink at least 8 glasses of 'approved clear fluids' (see list below) up till 5pm

Strained broth, strained chicken noodle soup, tea, iced tea, coffee, low fat milk, strained fruit juices, apple juice, water, sports drinks, soft drinks, cordials, , alcohol (in moderation), jelly, water ices, soup cubes.  
(Please **do not** use red, blue or purple drinks or jelly)

## COMMENCE PREPARATION AT 5.00 PM

- Please remember to stay near a toilet after commencing the sachet mix as diarrhoea will occur.
- You may experience mild side effects but these should go away rapidly, including, bloating, nausea and cramping. Should this occur, slow down drinking the prep or try drinking it through a straw.

**5pm**

add Picolax sachet to 250mls water (use a large glass because of effervescence),

now drink 2 glasses of water (*disregard instructions on back of sachet*)

**6pm – 8pm**

drink 1 glass of Glycoprep every 15 minutes until completed

**8pm**

add Picolax sachet to 250mls water (use a large glass because of effervescence)

Drink 4 glasses of '**approved clear fluids**' till bedtime.

**!** *Oral contraceptives may not be effective after bowel preparation, extra precautions for the rest of the month is advised.*

**DAY OF PROCEDURE:** Monday, Tuesday, Wednesday, Thursday, Friday, Saturday

Please drink **WATER ONLY** up to 3 hours before your appointment  
Time:

- Take regular medication **with a small amount of water**, especially medication for reflux, stomach, blood pressure

**Do not take diabetic medication, please bring it with you, as well as**

- dressing gown
- slippers
- spare pair of underpants
- a bag for your clothes

**Digestive Health accepts no responsibility for valuables**  
Discharge time is generally 2-3 hours from admission time

**YOU MUST HAVE** a responsible adult to take you home and remain with you for the duration of the day