

COLONOSCOPY BOWEL PREPARATION INSTRUCTIONS For afternoon procedures



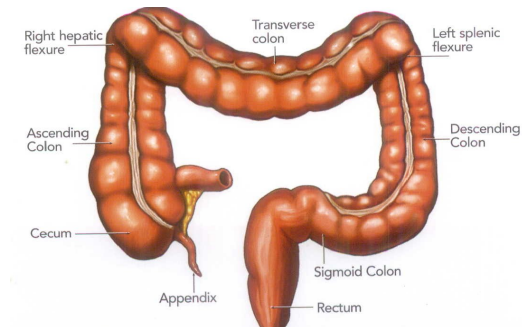
Tel: 97918788

Procedure Date:

Admission Time:

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
- Light lunch: Scrambled egg, bread & butter & approved clear fluids.
- **No more solid food following your lunch, 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)

PTO.....

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

! *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

7am

add Picolax sachet to 250mls water (use a large glass because of effervescence), now drink 4 glasses of water (*disregard instructions on back of sachet*)

Please drink WATER ONLY up to 10am

Admission 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.