

## Prep 2 - COLONOSCOPY BOWEL PREPARATION INSTRUCTIONS CP-005-B054

If buying preparation from chemist, please purchase:

2 x Picoprep sachets AND 1 x 70g Glycoprep sachet AND 1 x tube of Hydralyte (lemonade or orange) tablets

4 days before:	3 days before:	2 days before:	1 day before:	Day of procedure:
<p>Take regular medications as instructed by your doctor. <b>See page 2.</b></p> <p><b>STOP</b> IRON TABLETS</p> <p><b>If you normally take</b> Movicol, Osmolax, Coloxyl, Coloxyl with senna Continue to take</p> <p><b>For every meal today:</b> <b>NO SEED CONTAINING FOODS</b> from <u>today until after your procedure.</u></p>	<p>Take regular medications as instructed by your doctor.</p> <p><b>Diabetic patients</b> -Follow instructions given by doctor <b>See page 2.</b></p> <p><b>If you normally take</b> Movicol, Osmolax, Coloxyl, Coloxyl with senna Continue to take</p> <p><b>For every meal today:</b> Eat listed foods only from 'Foods ALLOWED' list <b>See page 2.</b> <b>NO SEED CONTAINING FOODS</b></p>	<p>Take regular medications as instructed by your doctor.</p> <p><b>Diabetic patients</b> -Follow instructions given by doctor <b>See page 2.</b></p> <p><b>If you normally take</b> Movicol, Osmolax, Coloxyl, Coloxyl with senna Continue to take</p> <p><b>For every meal today:</b> Eat listed foods only from 'Foods ALLOWED' list <b>See page 2.</b> <b>NO SEED CONTAINING FOODS</b></p>	<p>Take regular medications as instructed by your doctor <b>Diabetic patients</b> -Follow instructions given by doctor <b>See page 2.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>7 – 7:30AM</b> - Eat breakfast from 'Foods ALLOWED'</li> <li><input type="checkbox"/> Drink 'APPROVED CLEAR FLUIDS ONLY' between breakfast to lunch' <b>See page 2.</b></li> <li><input type="checkbox"/> <b>12 – 12:30PM</b>- Eat lunch from 'Foods ALLOWED' <b>NO MORE FOOD AFTER 12:30PM.</b></li> <li><input type="checkbox"/> <b>2 PM – START BOWEL PREPARATION</b> <b>NOTE: use larger glass as preparation bubbles up</b> Add 50ml of <u>WARM</u> water to one sachet of <u>Picoprep</u>, stir until dissolved. Once bubbling stops, add remaining 200ml WARM water and drink.</li> <li><input type="checkbox"/> Drink 4 glasses of 'APPROVED CLEAR FLUIDS' after finishing preparation. <b>See page 2.</b></li> <li><input type="checkbox"/> <b>4PM – 6PM</b> - Add the <u>Glycoprep</u> to <b>1L of COLD water</b>. Drink one glass of preparation every 30 minutes until completed.</li> <li><input type="checkbox"/> Drink 4 glasses of 'APPROVED CLEAR FLUIDS' (including Hydralyte) after preparation. <b>See page 2.</b></li> <li><input type="checkbox"/> <b>9PM</b> - Take all night-time medications, as instructed by doctor.</li> </ul> <p><b>From 12 midnight- You can only drink water <u>with Hydralyte</u></b></p>	<p>Take regular medications as instructed by your doctor <b>Diabetic patients</b> -Follow instructions given by doctor <b>See page 2.</b></p> <p><b>Admission time:</b> _____ <b>NOTE: This is not your procedure time</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>4 hrs before admission time</b> _____ <b>NOTE: use larger glass as preparation bubbles up</b> Add 50ml of <u>WARM</u> water to one sachet of <u>Picoprep</u>, stir until dissolved. Once bubbling stops, add remaining 200ml WARM water and drink</li> <li><input type="checkbox"/> Drink 4 glasses of water with Hydralyte after preparation. <b>See page 2.</b></li> </ul> <p><b>STOP</b> drinking <b>2 hrs before your admission time</b> _____</p> <p><b>DO NOT</b> bring medications with you <b>EXCEPT FOR</b> Insulin Injection, Asthma Puffer, EPIPEN/ANAPEN, Parkinson Tablets</p> <ul style="list-style-type: none"> <li>▪ Do not chew gum or suck lollies</li> <li>▪ Leave dentures/false teeth in (if applicable)</li> </ul> <p><b>Please bring</b></p> <ul style="list-style-type: none"> <li>▪ Dressing gown (if you have one)</li> <li>▪ Supportive footwear</li> <li>▪ Spare pair of underpants</li> <li>▪ A bag for your belongings</li> </ul> <p><b>YOU MUST HAVE a responsible adult drive you home and stay with you until next day.</b></p>

# Foods ALLOWED

IF NOT on this list- DO NOT EAT IT

**BREADS limited to:** White bread, rolls, plain biscuits, white muffins, pancakes, honey, jams (without seeds), white crumpets, vegemite

**\*Adjust with Gluten free options if applicable\***

**CEREALS limited to:** Rice Bubbles, Cornflakes, Weetbix, Nutrigrain \* Use low fat milk only\*

**DESSERTS (Low Fat) limited to:** Plain cake, natural low fat yoghurt, low fat ice cream, frozen yoghurt without fruit

**FRUIT limited to:** Ripe banana, apple sauce, stewed peeled fruit

**RICE/PASTA limited to:** White rice, white pasta, egg noodles (2-minute noodles)

**VEGETABLES limited to:** Cooked peeled carrot, pureed squash, pumpkin, Peeled mashed potato

**DAIRY & FATS limited to:** Margarine, light salad dressing, light mayonnaise, any plain low fat cheese

**PROTEIN (MEAT etc..) limited to:** Well-cooked lean white meat ie: no fat – skinless chicken, fish (fresh or tinned only in brine), shellfish, tofu, eggs

**Meal suggestions:**  
White rice/pasta/tofu with tuna in brine or chicken  
Plain white sandwich or bread roll with hard boiled eggs.  
Salt & Pepper is only seasoning that can be used

## APPROVED CLEAR FLUIDS

It is very important to have a variety of these approved clear fluids.

Salted fluids & fluids containing sugar are essential.

Drink water with Hydralyte freely.

A vital part of this preparation is the extra fluid that you drink. This prevents dehydration and is an important part of the cleaning out process.

### Salted Fluids

Hydralyte, Strained broth, strained chicken noodle soup, sports drinks, chicken or beef liquid stock

### Fluid containing sugar

Hydralyte, apple juice, soft drinks, cordials, jelly, Lemonade Icy poles

### Other allowed fluids

Herbal tea, tea, or coffee with low fat milk (2-3 cups per day maximum)

*\*No latte or cappuccino*

*Minimal clear alcohol*

**\*Please do not consume red, blue or purple drinks or jelly\***

## Additional Information

**ALL Diabetic patients** Monitor blood sugar levels 4 to 6 hourly on the day prior to your procedure when drinking only.

Please adjust your fluid selection (eg; apple juice) according to your readings. You must drink fluid containing sugar.

**Diabetic on Insulin** If you are diabetic and on insulin, a short appointment with your treating gastroenterologist is required prior to your procedure as your insulin dose may need modifying on the day prior and the day of your procedure

**Type 2 Diabetic patients** Please tell the nurse the name of all your diabetic medication as some may need to be ceased 2 days prior to your procedure.

**Skin Integrity (Protection)** We recommend that you apply barrier cream, i.e., zinc cream or Vaseline to the skin around your bottom, using wet wipes instead of toilet paper. This will help prevent soreness from the frequent bowel motions.

**Preparation Response** 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. Stay near a toilet after commencing the sachets, as diarrhoea will occur. Individual responses to laxatives may vary.

**Medication Interaction** Oral contraceptives may not be effective after bowel preparation and extra precautions for the rest of the month are advised.

**Anti-coagulant medicines** There may be a need to stop blood thinning medication prior to your procedure based on your gastroenterologist's advice.

***The Digestive Health Centre accepts no responsibility for valuables***