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Bowel Preparation Instructions for Colonoscopy - Morning Procedure

Before having your colonoscopy, you will need to follow some steps to ensure that your bowel is empty and as clean as possible for the procedure. Having a well-prepared bowel means your doctor is more likely to see the lining of the bowel and is able to detect any problems. If preparation is insufficient, you may need to have your procedure rescheduled or postponed.

Seven (7) days before your colonoscopy:

Stop taking iron tablets.

Four (4) days before your colonoscopy:

Stop taking any constipating agents (such as Imodium, Gastro-stop, lomotil, codeine etc) but continue with all other medication and any laxatives until your procedure.

Two (2) days before your colonoscopy:

Please commence a low-fibre/low-residue diet, following the guide below. Ensure you have plenty to drink to stay hydrated.

APPROVED FOODS

boiled or steamed white fish
boiled chicken
egg
plain yoghurt
cottage cheese
white bread
butter/margarine
tea biscuits
well-cooked potato/pumpkin (no skin)

DO NOT EAT

red meat
pink fish
fruit
vegetables
cereals or wholegrain/multigrain bread
salad
nuts or seeds
mushrooms
sweet corn

On the DAY BEFORE your colonoscopy:

Have breakfast comprising of APPROVED foods from the list above. After this, you will be on a "clear fluids diet" - **do not eat any solid food until after your examination.** Drink plenty of **clear fluids**, (see list below) avoiding dairy and food colours such as red and purple.

Clear Approved Fluids

- water, black tea and black coffee
- strained fruit juices without the pulp (apple or pear juice)
- clear soups such as broth and Bonox
- jelly and cordial (lemon, lime or orange)
- carbonated soft drinks - lemonade, lemon squash, ginger ale, ginger beer, mineral water
- clear ice blocks

You MUST avoid red and purple food colouring

In this information pack you will find *three separate sachets* of bowel preparation:

1x Glycoprep-C // 2x PicoPrep

The **PicoPrep** will cause diarrhoea and you may experience some cramping, so try to be in a comfortable place with access to a bathroom. It may help if you prepare to have some soft toilet paper or wet wipes, as well as a barrier cream such as zinc or castor oil to ease any anal discomfort or soreness. You should drink at least one glass of approved clear fluids per hour to ensure that you stay hydrated throughout this process, and allows 'flushing' of the colon (large intestine).

The sachet of **Glycoprep-C** should be diluted in 1 litre of water and refrigerated in advance.

FIRST DOSE: On the day before your colonoscopy at 3:00PM

Add the entire contents of one sachet of **PicoPrep** to a glass of warm water (approximately 250mls) and stir until dissolved. Chill for half an hour before drinking if preferred. Drink the mixture slowly, but completely.

You should expect frequent bowel actions and eventually diarrhoea starting within 2-4 hours. Some intestinal cramping is normal.

SECOND DOSE: On the day before your colonoscopy at 6:00PM

Remove the made up GlycoPrep-C from the refrigerator. Try to drink a glass of the prepared solution about every 15 minutes. Total intake time should take approximately one (1) hour in duration. If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake.

THIRD DOSE: On the day before your colonoscopy at 9:00PM

Add the entire contents of one sachet of PicoPrep to a glass of warm water and stir until dissolved. Chill for half an hour before drinking if preferred. Drink the mixture slowly but completely. This should be followed by adequate glasses of water or approved clear liquids - at least a glass per hour - in order to retain hydration throughout the body. If you are nauseated, slow the rate of drinking down. Further instructions are on the packet.

On the DAY OF your examination

Only clear fluids are permitted.

DO NOT DRINK ANY FLUIDS FOR 2 HOURS BEFORE ATTENDING HOSPITAL (i.e. fast). Medication can be taken with just a sip of water in the morning. **REMEMBER** do not eat any solid foods from the time your bowel preparation commences until after the procedure.

After your procedure, an escort will need to take you home. Due to the sedation, it is important that you do not drive, travel on public transport alone, operate machinery, sign legal documents or drink alcohol for 24 hours after your procedure.

Contact us on 03 8417 9900 if you have any issues following your procedure during business hours, or contact the hospital/local GP if you are unable to contact someone at our clinic.

Please contact us if you are unsure about any of the information contained within this pack.