

COLONOSCOPY – BOWEL PREPARATION INSTRUCTIONS

Morning procedure- **Standard preparation**

The key to a successful colonoscopy is a clean bowel. You must follow all of these instructions carefully. **IF YOUR COLON IS NOT CLEAN THE PROCEDURE WILL BE STOPPED AND YOU WILL HAVE TO REPEAT THE BOWEL PREP AND PROCEDURE.**

Firstly, you need to obtain the following bowel preparation medication from the Footscray or Sunshine Hospital pharmacy or your local pharmacy (script not required):

- **1 x PREP-KIT C** (This contains **2 sachets of PICOPREP, 1 sachet x 70 g of GLYCOPREP-C**)

If you take **BLOOD THINNING MEDICATIONS** (including Warfarin, Rivaroxaban, Dabigatran, Clopidogrel, Prasugrel, Ticagrelor, Apixaban), and have not attended or received phone advice from pre-admission clinic please call the endoscopy department on **8345 6015** for further instructions

If you take **DIABETES TABLETS/INSULIN** you should have received the “Diabetic Management Guidelines” which you must follow. If this has not happened please call **8345 6015** for advice

7 DAYS BEFORE COLONOSCOPY

Stop taking any **IRON TABLETS**

2 DAYS BEFORE COLONOSCOPY

Stop eating **SEEDS, GRAINS or PEELS/SKINS**

Start a **LOW RESIDUE ‘WHITE DIET’**. Eat only these foods:
White bread/ toast, rice bubbles, white rice, white pasta, potatoes (peeled), rice noodles, rice crackers, white flour, sugar, eggs, chicken breast (no skin), white fish fillet (no skin), white cheeses, white coloured yoghurt (no added fruit), mayonnaise, cream, sour cream, butter/margarine, cooking oil, vanilla ice cream, white chocolate, lemonade icy-pole, clear jelly(not red/blue), custard

DAY BEFORE COLONOSCOPY

Have a **LIGHT BREAKFAST** of white bread/toast. Take any regular medications. If you are diabetic do not take your diabetes tablets today and refer to the diabetic guidelines for more instructions.

After Breakfast, **ONLY HAVE CLEAR FLUIDS.**

DO NOT HAVE LUNCH OR DINNER.

Do have plenty of **clear fluids** such as:

- * Water or clear broth
- * Clear fruit juice (e.g. apple juice) or lemon/orange cordials
- * Coffee or tea without milk
- * Clear Gatorade or other sports drinks, soft drinks
- * Plain jelly without added fruits or toppings
(**avoid** red, purple or green coloured drinks/jellies)

<p><u>Please note: Taking the bowel prep will cause you to have diarrhoea. This is the only way to ensure the bowel is clean.</u></p>	<p>At 5 pm:</p> <ul style="list-style-type: none">- Mix 1 sachet PICOPREP in a glass of water (250mls) and drink.- Follow up with at least two glasses of water over the next 2 hours.- Prepare 1 sachet GLYCOPREP-C by dissolving in 1 litre of water and place in refrigerator. <p>At 7 pm:</p> <ul style="list-style-type: none">- Drink 1 litre pre-mixed/chilled GLYCOPREP-C over 1½ hours (approximately 1 glass every 20 minutes).- If you feel nauseated, slow down and drink it in small sips
<p><u>DAY OF COLONOSCOPY</u></p>	<p>Get up early at 5am.</p> <p>Take your usual medication before 5.30 am. If you are diabetic do not take your diabetes tablets this morning, refer to the diabetic guidelines for more instructions.</p> <p>DON'T HAVE BREAKFAST</p> <ul style="list-style-type: none">- Mix 1 sachet of PICOPREP in a glass of water (250mls) and drink.- Follow up with one to two glasses of water over the next 30 minutes.- You may have water until 5:30 am. <p>From 5:30 am and until the time of your colonoscopy. NIL BY MOUTH (means NOTHING TO EAT or DRINK).</p>

How Do I Know if my Prep is Working

How do I know when my bowel prep is complete ?

The stool coming out should look like the stuff you are eating and drinking - clear, without many particles. You know you're done when the stool coming out is yellow, light, liquid and clear - like urine.



▲
Dark and
murky.
NOT OK

▲
Brown
and
murky,
NOT OK

▲
Dark
orange and
semi-clear
NOT OK

▲
Light orange
and mostly
clear.
ALMOST
THERE

▲
Yellow and
clear, like
urine.
YOU'RE
READY!