

COLONOSCOPY – BOWEL PREPARATION INSTRUCTIONS

Afternoon 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.**

First, 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** and **LIGHT LUNCH** of ‘white diet: 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 lunch, **ONLY HAVE CLEAR FLUIDS.**

DO NOT HAVE 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>DAY BEFORE COLONOSCOPY</u></p> <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 7 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 to cool overnight
<p><u>DAY OF COLONOSCOPY</u></p>	<p>Take any regular medications before 10.30 am. If you are diabetic do not take your diabetes tablets this morning, refer to the diabetic guidelines for more instructions.</p> <p>DO NOT HAVE BREAKFAST</p> <p>At 7 am:</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>At 9 am:</p> <ul style="list-style-type: none">- Mix 1 sachet 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 take water until 10.30 am <p>From 10:30 am and until the time of your colonoscopy:</p> <ul style="list-style-type: none">• NIL BY MOUTH (means NOTHING TO EAT or DRINK).

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!**