

# BOWEL PREPARATION FOR COLONOSCOPY

Afternoon appointment | PM



Name: \_\_\_\_\_

Procedure Date: \_\_\_\_\_

Time: \_\_\_\_\_

## COLONOSCOPY PREPARATION PACK

(combination preparation)

This may be purchased from your Gastroenterologist's rooms or from your chemist.

1 x Glycoprep-C 70g sachet

2 x Picosalax 16.1g sachets

This information sheet explains the necessary steps that need to be taken prior to your colonoscopy. In order for the procedure to be successful, it is very important that your bowel is clear. The procedure may need to be postponed and the preparation process repeated if your bowel preparation is inadequate.

## MEDICATION ADVICE

### 4 days prior to the procedure:

- Stop taking iron tablets, anti-inflammatory tablets (eg. Nurofen, Voltaren) & anti-diarrhoeal medications.
- Continue with your other regular medications, but please check with your doctor if you are taking:
  - Blood thinning medications (eg. aspirin, clopidogrel, warfarin, clexane, dabigatran, rivaroxaban) or
  - Diabetic medications.

Please note that oral contraceptives may not be as effective after bowel preparation and extra precautions for the rest of the month is recommended.

## MEDICAL INSTRUCTIONS

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## 2 DAYS BEFORE YOUR COLONOSCOPY

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- You should eat a **low fibre (white) diet**.
- **Foods you should avoid** include: high fibre breakfast cereals, whole meal bread, pastries, nuts, seeds, fruits & vegetables, yellow cheeses.
- **Foods you can eat** include: white bread, white pasta, white rice, chicken, fish, eggs, white potatoes, pumpkin, yoghurt and milk.
- You should continue to drink plenty of fluids.

## 1 DAY BEFORE YOUR COLONOSCOPY

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### Continue the low fibre (white) diet throughout the day

You can have a light low fibre breakfast and lunch (eg. 1-2 slices of white toast, yoghurt, scrambled eggs, black tea or coffee) and lunch (eg. sliced chicken breast on regular white sandwich bread).

### After 5pm and throughout the evening

- **NO SOLID FOODS** after lunch and **ONLY APPROVED CLEAR FLUIDS**.
- **Approved clear fluids** include water, fruit juice, lemon or lime cordial, black tea/coffee, sports drinks (not red or purple), clear broth, jelly (not red or purple) and barley sugar.
- You should have **at least 1-2 glasses of approved fluids every hour** to maintain hydration during the bowel preparation (until bedtime).

## THE DAY OF YOUR COLONOSCOPY

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### At 6am: Bowel Preparation dose

- Add **1 sachet of Picosalax** to a glass of water. Stir until the fizzing stops.
- Drink the entire mixture slowly.
- This should be **followed by at least 1-2 glasses of water** or approved clear fluids per hour.

## THE DAY OF YOUR COLONOSCOPY cont.

### At 8am: Bowel Preparation dose

- Add **1 sachet of Glycoprep-C** to 1 litre of cold water and stir until dissolved (can be made up the night before and refrigerated as desired).
- Try to drink one glass of the preparation every 15 minutes until it is finished.
- If you feel nauseated or bloated, slow down your intake, but try to drink all of the preparation.
- This should be **followed by at least 1-2 glasses of water** or approved clear fluids.

### At 10am: FINAL dose

- Add **1 sachet of Picosalax** to a glass of water. Stir until the fizzing stops.
- Drink the entire mixture slowly.
- This should be **followed by at least 1-2 glasses of water** or approved clear fluids per hour.

### FAST from 2 hours prior to scheduled arrival time

- Nothing to eat or drink.
- Morning medications may be taken with a sip of water only.

### Scheduled arrival time

- Please ensure that you have someone to accompany you to and from your procedure.
- Due to the effects of sedation, you will not be able to drive home from your procedure and will need a responsible adult to be with you overnight.

### RESPONSE TO BOWEL PREPARATION

- People respond differently to bowel preparation.
- You will likely experience multiple loose bowel movements within several hours of the first dose of bowel preparation.
- It is recommended that you stay close to a toilet during your bowel preparation.
- If your anal areas become sore, a barrier cream may be helpful (eg. Vaseline).

Time: \_\_\_\_\_

Time: \_\_\_\_\_