

BOWEL PREPARATION INSTRUCTIONS

Follow these instructions if you are **Under 70 years of age** and are **otherwise well**.

Please purchase the following medication from your local Pharmacy (prescription not required):

2 PICOPREP SACHETS

1 GLYCOPREP-C (70gram sachet)

2 Senokot Tablets

(Take this leaflet with you to the pharmacy)

SUMMARY INSTRUCTIONS

1. STOP BLOOD THINNING MEDICATION AS PER YOUR SURGEON'S ADVICE.
2. STOP EATING NUTS AND FOOD WITH OBVIOUS SEEDS, GRAINS AND PEELS 5 DAYS BEFORE COLONOSCOPY
3. START A LOW RESIDUE WHITE DIET 3 DAYS BEFORE COLONOSCOPY
4. TAKE TWO SENOKOT TABLETS 2 DAYS BEFORE YOUR PROCEDURE
5. THE DAY BEFORE YOUR PROCEDURE DO NOT EAT DINNER (EAT BREAKFAST AND LUNCH ONLY)
6. TAKE THE BOWEL PREPARATION THE EVENING BEFORE AND THE MORNING OF THE PROCEDURE (INSTRUCTIONS BELOW)
7. DO NOT EAT ANYTHING AFTER YOUR BOWEL PREP
8. DRINK CLEAR FLUIDS UP UNTIL 3 HOURS BEFORE ADMISSION
9. **AIM TO OPEN YOUR BOWELS DAILY IN THE WEEK BEFORE COLONOSCOPY. TAKE SENOKOT OR MOVICOL IF NECESSARY.**

WHAT PREPARATION WILL I NEED FOR COLONOSCOPY?

Your bowel must be completely empty for your doctor to have a clear view. If your bowel has not been adequately cleaned, the procedure may have to be repeated. This booklet explains how to prepare for your colonoscopy. Preparation will involve following a special diet and taking three different types of laxatives. Two of the laxatives are powders called Glycoprep-C and Picoprep which are taken mixed with water. The third laxative is a tablet called Senokot. You will need to take two of these. Aim to open your bowels daily in the week leading up to the colonoscopy. If medication is required to help move your bowels our preferred medications are Senokot or Movicol. Some other laxatives can interfere with the bowel preparation, making it more difficult for us to get a clear view of the bowel.

WHAT TO EXPECT DURING THE PREPARATION

There are several different types of bowel preparation. Your doctor has assessed that this one is most appropriate for you.

The laxatives make sure that your bowels are cleared of faeces by making you have more bowel motions than you usually have. It is a good idea to be at home when taking the bowel preparation, as you will need to be near a toilet.

Bowel preparation can cause dehydration, light headedness, and low blood pressure, so it is preferable to have someone at home with you the night before the procedure.

Continue to drink clear fluids during your bowel preparation to maintain your hydration. Good options are lemon cordial, Gatorade, lemonade or ginger beer. Avoid blue, red, purple and green coloured drinks. Sucking a boiled sweet such as a lemon or eucalyptus drop can help during bowel preparation.

Irritation from wiping is common. Using baby wipes instead of toilet paper can help, as will applying a layer of barrier cream such as Sudocrem (zinc based) or Vaseline (petroleum jelly) to your bottom.

If you are unable to follow the Bowel Preparation Instructions for any reason, please contact our rooms on 4861 7061

MEDICATIONS

Your surgeon will tell you what to do with your medications around the time of your colonoscopy. As a general guide, blood thinners should be stopped, and diabetes medications should be reduced (unless your doctor has advised you to continue). If you are taking fibre supplements or medications intended to slow your bowels, these should be discontinued as well. Most other medications should continue, including on the day of the procedure. **If you are taking blood thinners or diabetes medication and have not been given specific instructions, please contact us for further advice.** If you are unsure about any of your medication or health supplements, please contact us for further advice.

7 DAYS BEFORE COLONOSCOPY

If you are taking any of these medications, they should be stopped from today:

- ❖ **Iron tablets** (or any vitamin tablets containing iron)
- ❖ **NSAIDs** (Non-Steroidal Anti-Inflammatory Medications including: *Ibuprofen, naproxen, diclofenac, celecoxib, indomethacin, piroxicam, meloxicam*)
- ❖ **Glucosamine, Fish Oil, Curcumin, Krill Oil**
- ❖ **Laxatives that cause bulk in the bowel** (*Fybogel, Normacol, Metamucil and fruit based laxatives*)

5 DAYS BEFORE COLONOSCOPY

- ❖ Stop eating nuts and foods with obvious SEEDS, GRAINS, PEELS or SKINS eg wholegrain bread, muesli and tomatoes.

3 DAYS BEFORE COLONOSCOPY

Start a low residue white diet

FOOD GROUPS	ALLOWED	NOT ALLOWED
Meat, Fish, Eggs	Poultry, Fish and eggs	Red meat
Starchy foods	White bread, Rice, pasta, cous cous, noodles, skinless potatoes, cornflakes, rice bubbles, plain biscuits	Wholemeal, wholegrain, seeded or grain bread, Brown rice, wholemeal pasta, Weetbix, cheerios, wheat biscuits(eg digestives), dried fruit and nuts
Fruit and vegetables	Well cooked peeled pumpkin, Well cooked peeled potato Ripe bananas	All fresh, cooked, tinned and dried fruit and vegetables including beans, lentils and pulses
Dairy food (limit quantities)	Milk, plain yoghurt, white cheese, ice cream, butter, milk puddings	Any dairy containing fruit, nuts or herbs. Yellow cheese
Drinks	Clear fruit juice, cordial, sparkling drinks, tea, coffee, hot chocolate	Any drinks with red or purple colouring Smoothies and fruit juices containing pulp and bits
Miscellaneous	Boiled sweets (eg barley sugar, ginger drops, eucalyptus drops), spices, salt, pepper, consommé	Any sweets containing fruit, nuts, seeds, sesame snaps Anything containing red or purple food colouring.

2 DAYS BEFORE COLONOSCOPY

Continue the low residue white diet

TAKE TWO SENOKOT TABLETS BEFORE BEDTIME

THE DAY BEFORE COLONOSCOPY

Continue the low residue white diet for breakfast and lunch only. Eat small quantities.

Bowel preparation solution should be dissolved in warm water. Make it up early and cool to room temperature or chill if preferred

After 2pm have clear fluids only

Clear fluids – water, clear salty fluids (strained chicken noodle soup), clear broth /bouillon, clear fruit juices (apple), jelly (clear lemon or lime only), black tea or coffee (no milk), sports drinks (clear or lemon only), carbonated beverages, barley sugar, clear fruit cordial (lemon or lime only – no red or purple colouring).

Drink at least one glass of clear fluid each hour. Keep drinking clear fluids until bedtime.

Do not have dinner.

3pm – Drink 1 sachet of Picoprep mixed in 250ml water.

(Make up in hot water beforehand and allow to cool, or chill if preferred)

6pm – Drink 1 sachet of Glycoprep C mixed with 1 litre of water.

(Drink this over 2 hours)

(Make up in hot water beforehand and allow to cool, or chill if preferred)

If you feel nauseated, drink it more slowly. Boiled sweets such as barley sugar, lemon drops or eucalyptus drops may help.

DAY OF COLONOSCOPY

Do not have breakfast. **DO NOT EAT ANYTHING.**

4 hours before admission time drink 1 sachet of Picoprep mixed with 250mls of water

Drink 2 more glasses of water over the next hour.

Remain NBM (Nil by mouth / nothing to eat) for three hours before your admission time (admission time will be advised by the hospital the afternoon before your procedure).