

Colonoscopy

Follow these instructions if you are under 70 years of age and otherwise well, or on the recommendation of your doctor

PURCHASE YOUR BOWEL PREP KIT AHEAD OF TIME

Please purchase the following medication from your local Pharmacy :

PREP KIT C

The kit contains two Picoprep sachets and one 70g sachet of Glycoprep.

A prescription is not required

Summary Instructions

1. Changes to your regular medications will be advised by your surgeon
2. Cease iron tabs, fibre supplements, seeds and nuts 7 days before your procedure.
3. Follow the colonoscopy diet (Page 3) for 3 days
4. Start bowel preparation from 3pm the evening before colonoscopy
5. Drink water up to 2 hours before admission
6. **Aim to open your bowels daily in the week before your colonoscopy. Take Movicol or Senokot if necessary**

Preparing for Colonoscopy

This booklet explains how to prepare for your colonoscopy. Preparation will involve following a special diet and taking a laxative called Prep Kit C which will clean your bowel in preparation for colonoscopy.

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.

Bowel preparation contains strong laxatives which cause diarrhoea, clearing your bowel ready for colonoscopy.

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).

Medications

Your surgeon will tell you what to do with your medications around the time of your colonoscopy. As a general guide, blood thinners and iron tablets should be stopped, and diabetes medications should be reduced. 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.

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

7 Days prior to your procedure

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 and Meloxicam.
- Glucosamine, Fish Oil, Curcumin, Krill Oil
- *Laxatives that cause bulk in the bowel* (Fybogel, Normacol, Metamucil and fruit based laxatives)

Stop eating nuts and foods with obvious **SEEDS, GRAINS, PEELS** or **SKINS** e.g. wholegrain bread, muesli and tomatoes.

3 Days prior to your procedure

Follow a low fibre diet (also known as a low residue diet) for three days prior to your procedure day (e.g. Tuesday, Wednesday, Thursday before colonoscopy on Friday)

EAT

THESE FOODS ARE OKAY TO EAT BEFORE YOUR COLONOSCOPY

Meat, Fish and Eggs
Poultry, Fish and eggs

Starchy foods
White bread, Rice, pasta, cous cous, noodles, skinless potatoes, cornflakes, rice bubbles, plain biscuits

Fruit and vegetables
Well-cooked peeled pumpkin, Well-cooked peeled potato, Ripe bananas

Dairy food (limit quantities)
Milk, plain yoghurt, white cheese, ice cream, butter, milk puddings

Drinks
Clear fruit juice, cordial, sparkling drinks, tea, coffee, hot chocolate

Miscellaneous
Boiled sweets (e.g., barley sugar, ginger drops, eucalyptus drops), spices, salt, pepper, consommé

DO NOT EAT

DO NOT EAT THESE FOODS FOR THREE DAYS BEFORE YOUR COLONOSCOPY

Meat, Fish and Eggs
Red Meat

Starchy foods
Wholemeal, wholegrain, seeded or grain bread, brown rice, wholemeal pasta, Weet-bix, Cheerios, wheat biscuits (e.g., digestives), dried fruit and nuts

Fruit and vegetables
All fresh, cooked, tinned and dried fruit and vegetables including beans, lentils, and pulses

Dairy food (limit quantities)
Dairy containing fruit, nuts, or herbs. Yellow cheese

Drinks
Any drinks with red or purple colouring. Smoothies and fruit Juices containing pulp and bits

Miscellaneous
Any sweets containing fruit, nuts, seeds, sesame snaps. Red or purple food colouring.

The day before your 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).

DO NOT HAVE DINNER.

3PM - Drink One sachet of Picoprep mixed in 250ml water

- Make up in hot water beforehand and allow to cool, or chill if preferred
- Drink two more glasses of clear fluid afterward

6pm - Drink One sachet of Glycoprep C mixed with 1 Litre of water

- Make up in hot water beforehand and allow to cool, or chill if preferred
- Drink over 2 hours

9PM - Drink One sachet of Picoprep mixed in 250ml water

- Drink two more glasses of clear fluid afterward
- continue to drink clear fluids up until 4 hours before your admission time
- You may have a glass of water up to 2 hours before admission

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

You can alternate the clear fluids with bowel prep. Try to drink a glassful every 10 – 15 minutes.

It is okay to start your bowel preparation later if need be (e.g 4pm, 7pm and 10pm), however this will mean that you have less sleep which may make you feel worse on the day of the procedure.

On the procedure day

Do not eat anything

**You may have a glass of water up to 2 hours before
your admission time.**

Notes