

Preparation for Colonoscopy Colon Consent Clinic - Split Prep

Why?

For a **successful colonoscopy** it is very important that the **bowel be cleaned well**. This will enable the doctor to clearly see the lining of the bowel.

Poor preparation may mean that the procedure will have to be stopped and you will have to repeat the procedure on another day.

What do I need?

Bowel Prep Pack containing

- **GLYCOPREP-C KIT**
 - ✓ 1 sachet Magnesium citrate
 - ✓ 3 Bisacodyl tablets (yellow)
 - ✓ 1 sachet GLYCOPREP-C

How?

By following a **low fibre diet** for 3 days. This reduces the fibre in your bowel, which makes it easier when you start the 2-day bowel-cleansing regime.

Cease Iron tablets/multivitamins, Fish/Krill Oil supplements 10 days prior

Day 1-3	Follow low fibre diet
Day 4	Start the bowel preparation
Day 5	Day of procedure

The bowel cleansing preparation causes you to have watery bowel motions over a short period of time.

When?

Commence the low fibre diet **4 days before** the day of your scheduled procedure.

Day 1 – 3 Low Fibre Diet

Start the low fibre diet. We have provided a list of foods to assist you in this process. Eat the foods from the **Choose** box.

BREAD & CEREALS

Choose

- | | |
|---|-----------------------------|
| ✓ Plain white bread / toast | ✓ Plain cakes and biscuits |
| ✓ Plain muffins | ✓ Plain pancakes / pikelets |
| ✓ Plain bread rolls | ✓ White rice, |
| ✓ Crumpets | ✓ White pasta |
| ✓ Plain croissants | ✓ Couscous |
| ✓ Pita bread | ✓ Polenta |
| ✓ Refined breakfast cereals; Semolina, Cornflakes, Rice Bubbles etc | ✓ Bagels |

Avoid

- | | |
|---|---------------------------------|
| ⊗ Wholemeal, brown and rye breads | ⊗ Brown rice |
| ⊗ Multi-grain breads & muffins | ⊗ Brown pasta |
| ⊗ Wholegrain cereals, e.g. bran cereals, Weetbix, Vita bits | ⊗ Unprocessed bran, rolled oats |
| ⊗ cakes and biscuits containing nuts, dried fruit | ⊗ Porridge |
| | ⊗ Muesli |
| | ⊗ Brown crumpets |
| | ⊗ Muffins with fruit |
| | ⊗ Wholemeal flour and oatmeal. |

FRUIT & VEGETABLES

You will need to remove the skins and seeds from these fruit and vegetables

Choose

- | | |
|------------------------|--|
| ✓ Potato without skin | ✓ peach with no skin |
| ✓ Pumpkin without skin | ✓ pears |
| ✓ marrow / squash | ✓ pawpaw |
| ✓ choko | ✓ rockmelon |
| ✓ avocado | ✓ watermelon |
| ✓ mushrooms | ✓ canned peaches, apples, apricots & pears |
| ✓ ripe banana | |
| ✓ apple with no skin | |

Avoid

- ⊗ All other fruit and vegetables, including salad vegetables

MEAT & OTHER PROTEIN FOODS

Choose

- | | |
|--------|--------------------|
| ✓ beef | ✓ pork |
| ✓ veal | ✓ poultry |
| ✓ lamb | ✓ fish & shellfish |
| ✓ eggs | |

Avoid

- | | |
|---------------|------------------|
| ⊗ Baked Beans | ⊗ Rissoles |
| ⊗ Casseroles | ⊗ Stir fry meals |
| ⊗ Lentils | ⊗ Nuts & seeds |
| ⊗ Legumes | ⊗ Pizza |

DAIRY FOODS

Choose

- | | |
|----------------------------|-----------------------|
| ✓ Milk | ✓ Custard |
| ✓ Ice cream | ✓ Cream or sour cream |
| ✓ Plain or vanilla yoghurt | ✓ Rice pudding |
| ✓ Cheese processed & plain | ✓ Condensed milk |
| Cottage cheese | ✓ Evaporated milk |
| | ✓ Powdered milk |
| | ✓ Butter / margarine |

Avoid

- ⊗ Dairy products with fruit and seeds

DRINKS

Choose

- | | |
|---------------------|-------------------------|
| ✓ Water | ✓ Cordial |
| ✓ Tea | ✓ Strained fruit juices |
| ✓ Coffee | ✓ Clear soups |
| ✓ Plain milk drinks | ✓ Milo or Ovaltine |
| ✓ Soft drinks | ✓ White wine |

Avoid

- ⊗ Unstrained fruit juices
⊗ Red & green coloured drinks

OTHER FOODS

Choose

- | | |
|--------------------------------|-------------------------|
| ✓ Plain lollies | ✓ Honey, |
| ✓ Clear Jellies <i>not red</i> | ✓ Jellied strained jams |
| ✓ Sugar | ✓ Vegemite |
| ✓ Chocolate | |

Avoid

- | | |
|---------------------------|-----------------------|
| ⊗ Jams with skins & seeds | ⊗ Peanut paste/butter |
| | ⊗ Dried Fruits/ Nuts |
| | ⊗ Marmalade |

Day 4 The day before your test

CLEAR FLUIDS ALL DAY

- It is important to drink adequate fluids to avoid dehydration. You may drink as much clear fluids throughout the day

Clear Fluids

- Clear or strained soup
- Jelly (green or yellow only)
- Water or strained fruit juice
- Black tea / coffee or soft drink
- Herbal tea / Iced tea
- Lemonade/ginger ale
- Yellow/orange Sports drinks
- Orange / Lemon cordial

8 AM Prepare

- The Magnesium citrate by dissolving in 1 glass of hot water (250mL) & refrigerate until ready to drink.
- Make sachet of **GLYCOPREP-C** in 3 litres of **water** and **refrigerate** until ready to drink.

3 PM Drink the Magnesium citrate drink

Take the **3 yellow Bisacodyl tablets** with 1 full glass of water

5 PM Begin drinking 2 litres of the GLYCOPREP-C

solution at the rate of 1 litre / hour. This will produce watery diarrhoea within an hour.

- You should have finished drinking this by 7:30 PM and the diarrhoea will settle around 9:30 PM.
- From now until you go to bed you should drink 3 glasses of water or **clear** tea / coffee etc. It is important to have adequate fluid to avoid headaches.

Day 5 Day of Colonoscopy

Please follow the instructions that your will receive with your appointment information.

You must take the 3rd litre of **GLYCOPREP-C** on the day of your procedure. You will be instructed **WHAT TIME** to take your final litre of GLYCOPREP-C on your appointment instructions that you will receive from the Endoscopy Unit.

Please follow these instructions carefully.

Some Helpful Hints

- Add diet lemon cordial to the **GLYCOPREP-C**
- Drink the solution through a straw, suck the **occasional** barley sugar or butterscotch between drinks
- Apply protective cream, eg. Lanoline around your anal area to reduce excoriation
- Keep warm
- If you feel nauseated whilst taking the preparation stop for ½ hour. Have a hot drink & walk around. Resume drinking & continue as before.
- If you feel bloated, try walking around, suck some peppermints / drink peppermint tea
- If you become ill & have severe pain seek medical advice from your GP or nearest Emergency Medical Centre
- If you have haemorrhoids (piles) use your haemorrhoid cream to reduce discomfort
- Please note that a very clean bowel can only be achieved by drinking all the preparation

If you feel your bowel motion is not clear enough please contact **The Prince Charles Hospital Endoscopy Unit** on ☎ **3139 4199** after **7.30AM**