

Colonoscopy Bowel Preparation Instructions PM Appointment 3 PM – 5 PM

For a **successful colonoscopy** it is very important that the lining of the bowel is clearly visible so that the risk of lesions being missed is minimised. Poor preparation may mean that the procedure will have to be stopped and repeated on another day, or that the accuracy of colonoscopy is reduced.

OBTAINING BOWEL PREPARATION FOR YOUR COLONOSCOPY PROCEDURE

- Option 1** The bowel preparation can be dispensed free of charge from the STARS Pharmacy. You may need to wait 30-60 minutes
- Option 2** The bowel preparation can be purchased at your own cost from your local pharmacy using Colonoscopy Preparation Order Guide on the last page of these instructions
- Please be advised we are unable to send medication in the post
 - Disregard the instructions on the Glycoprep-O kit and follow these instructions only

7 DAYS PRIOR TO YOUR APPOINTMENT

- Start taking Movicol (if advised by a clinician) this will help to prepare your bowel prior to commencing your bowel preparation. Take one sachet in the morning and one sachet at night
- You must cease taking Iron tablets, herbal supplements, multivitamins, and Fish/Krill Oil
- Please continue to take your regular medications as prescribed unless otherwise advised by a clinician

CONTACT STARS ENDOSCOPY SERVICES ON ☎ (07) 3647 7182

- If you are taking any blood thinning medication other than aspirin, and you have not already received instructions prior to your appointment. **DO NOT stop taking anticoagulant medication unless instructed to by a clinician**
- If you are taking diabetic tablets or insulin, and you have not already received instructions on diabetes management prior to colonoscopy
- If you are pregnant or breastfeeding

TIPS FOR DRINKING BOWEL PREPARATION

- Keep yourself warm whilst drinking the bowel preparation
- Drink the solution through a straw, suck the occasional barley sugar or clear peppermint between drinks
- Apply protective cream, e.g. Lanoline around your anal area to reduce excoriation
- If you feel nauseated whilst taking the preparation stop for ½ hour. Have a hot drink & walk around, resume drinking & continue as before. Visit your GP or pharmacy if you have trouble tolerating your bowel preparation
- If you feel bloated, try walking around, suck some clear 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

4 DAYS BEFORE YOUR PROCEDURE START A LOW FIBRE DIET – AVOID ALL FOODS WITH NUTS SEEDS AND SKINS

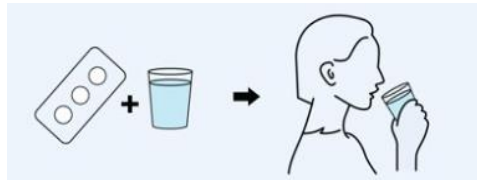
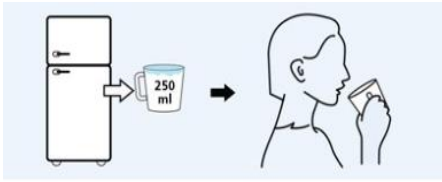
<p>Bread & Cereals – Choose</p> <ul style="list-style-type: none"> ✓ Plain white bread / toast ✓ Plain muffins ✓ Plain bread rolls ✓ Crumpets ✓ Plain croissants ✓ Pita bread ✓ Refine breakfast cereals, Semolina, Cornflakes, Rice bubbles etc. ✓ Plain cakes and biscuits ✓ Plain pancakes / pikelets ✓ White rice ✓ White pasta ✓ Couscous ✓ Polenta ✓ Bagels 	<p>Fruit and Vegetables - Choose</p> <ul style="list-style-type: none"> ✓ Potato / pumpkin without skin ✓ Marrow / squash / pawpaw ✓ Choko ✓ Avocado ✓ Mushrooms ✓ Ripe banana ✓ Peaches, pears and apples without skin ✓ Rockmelon / watermelon ✓ Canned peaches, apricots, apples and pears <p>Fruit & Vegetables – Avoid</p> <ul style="list-style-type: none"> ✗ All other fruit and vegetables, including salad vegetables and dried fruit 	<p>Meat & other proteins – Choose</p> <ul style="list-style-type: none"> ✓ Beef, lamb, veal, pork, poultry, eggs, fish and shellfish <p>Meat & other proteins – Avoid</p> <ul style="list-style-type: none"> ✗ Baked beans lentils and other legumes ✗ Casseroles or rissoles ✗ Stir fry meals ✗ Nuts & seeds ✗ Pizza
<p>Bread & Cereals -Avoid</p> <ul style="list-style-type: none"> ✗ Wholemeal, multigrain, brown and Rye bread ✗ Wholegrain cereals e.g. All-Bran, Weetbix etc ✗ Cakes, muffins and biscuits with Nuts or dried fruit ✗ Brown rice or pasta ✗ Unprocessed bran / rolled oats ✗ Porridge or muesli ✗ Brown crumpets ✗ Wholemeal flour or oatmeal 	<p>Drinks - Choose</p> <ul style="list-style-type: none"> ✓ Water ✓ Tea & Coffee ✓ Milk drinks, soft drinks ✓ Cordial, Strained juices ✓ Clear soups ✓ Milo, Ovaltine <p>Drinks – Avoid</p> <ul style="list-style-type: none"> ✗ Unstrained fruit juices ✗ Red and green coloured drinks 	<p>Dairy Foods – Choose</p> <ul style="list-style-type: none"> ✓ Milk, cheese, plain yoghurt ✓ Ice cream, custard ✓ Cream, butter / margarine ✓ Condensed/evaporated milk <p>Dairy Foods – Avoid</p> <ul style="list-style-type: none"> ✗ Dairy products with fruit, nuts or seeds <p>Other Foods – Choose</p> <ul style="list-style-type: none"> ✓ Plain/clear lollies (not red) ✓ Sugar, honey or chocolate ✓ Strained jams/jelly ✓ Oils and spices <p>Other foods – Avoid</p> <ul style="list-style-type: none"> ✗ Peanut butter, jams with skins and seeds or marmalade

DAY BEFORE YOUR PROCEDURE – CLEAR FLUIDS ALL DAY (NO SOLID FOOD)

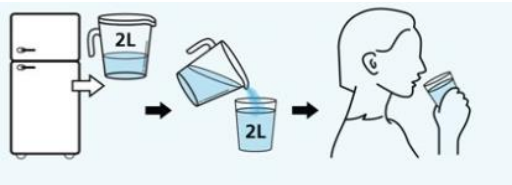
- You cannot have any solid foods. **A clear fluid ONLY diet must be followed.**
- **Stop taking the Movicol if you were required to take it**
- Prepare your bowel preparation solution in the morning and refrigerate until ready to drink
 - Dissolve the **Magnesium citrate sachet** in **1 glass of hot water (250mL)**
 - Mix the three sachets of **GLYCOPREP-ORANGE** in **3 litres of water**
- It is important to drink adequate fluids to avoid headaches /dehydration. You may drink as much clear fluids as you like throughout the day including when drinking bowel preparation. Examples of clear fluids:

<ul style="list-style-type: none"> ✓ Clear strained soup ✓ Herbal tea or iced tea ✓ Jelly (green or yellow only) ✓ Lemonade or ginger ale 	<ul style="list-style-type: none"> ✓ Water or clear apple juice ✓ Yellow or orange sports drinks ✓ Black tea or black coffee ✓ Orange or lemon cordial
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3 PM - Drink the **Magnesium citrate** and take the **3 yellow Bisacodyl tablets** with 1 full glass of water



5 PM - Drink **2 Litres of GLYCOPEP-ORANGE** (reserve the 3rd litre). This will produce watery diarrhoea. Drink approximately 1 glass every 15 minutes. You should complete this by 7:30 pm



From the time you finish drinking the solution and until you go to bed you should drink at least 3 glasses of water or other clear fluids to prevent dehydration. Diarrhoea will settle around 9.30 PM.

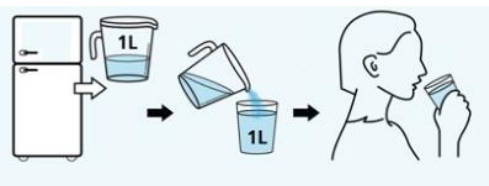
DAY OF PROCEDURE

You must remain on a clear fluid diet

*** NO JELLY, BARLEY SUGARS OR CLEAR PEPPERMINTS DAY OF PROCEDURE**

- | | |
|------------------------------|----------------------------------|
| ✓ Herbal tea or iced tea | ✓ Yellow or orange sports drinks |
| ✓ Lemonade or ginger ale | ✓ Black tea or black coffee |
| ✓ Water or clear apple juice | ✓ Orange or lemon cordial |

10 AM - Drink the remaining **1 Litre of GLYCOPEP-ORANGE**, you should finish this by **11 AM**. Continue to drink **clear fluids**.



1 PM - NIL BY MOUTH – Do not drink anything. **Your bowel motions should be clear (or look like urine) and be free of particles**



Bowel motions **NOT CLEAR** enough

YOU ARE READY 😊

If your bowel motion is not clear after completing your bowel preparation please call 📞 (07) 3647 7180


Colonoscopy Bowel Preparation Order Guide

To purchase your bowel preparation, please take this form into a pharmacy and the pharmacist will know what bowel preparation to provide.

The instructions on the bowel preparation kit may differ to the instructions given to you by your doctor/ hospital. It is important to always follow the instructions provided by your doctor/hospital. If you can't find your bowel preparation at your local pharmacy, ask your pharmacist to order it for you.

The codes your pharmacist will need are provided below and it should arrive within 24-48 hours.

If any concerns or if you would like to obtain your bowel preparation free of charge from STARS Hospital, please contact the Colon Consent Nursing staff ☎ (07) 3647 7182.

Product	Description	Pharmacy Ordering Codes
 <p>The image shows a box of Glycoprep-O Kit. The box is orange and white. Text on the box includes: 'PHARMACIST ONLY MEDICINE', 'KEEP OUT OF REACH OF CHILDREN', 'GLYCOPREP-O KIT™', 'Bowel Preparation', 'CONTENTS: 3 x Glycoprep Orange® 70 g Sachets', 'Macrogol 3350 52.9 g', 'Sodium chloride 2.6 g', 'Potassium chloride 740 mg', 'Sodium sulfate 5.6 g', 'Powder for solution. For oral use.', 'Contains natural orange flavour and natural sweetener', '3 x Bisacodyl BP 5 mg Tablets', 'Bisacodyl 5 mg', '1 x Magnesium Citrate 21.5 g Sachet', 'Magnesium carbonate hydrate 7.2 g', 'Citric acid 14.3 g', 'Powder for solution. For oral use.', 'AUST R. 370154', and 'FRESENIUS KABI'.</p>	<p>Glycoprep-O Kit®</p> <p>3 x Glycoprep-O® 70g sachet. Each sachet contains: macrogol 3350 52.9g, sodium chloride 2.6g, potassium chloride 740mg, sodium sulfate 5.6g</p> <p>3x Bisacodyl BP 5mg tablets</p> <p>1x Magnesium citrate sachet 21.5g containing: magnesium carbonate 7.2g, citric acid 14.3g</p>	<p>API: 70851</p> <p>Symbion: 946885</p> <p>Sigma: 10000943</p>

Please note: if Movicol was indicated as part of your bowel preparation this would need to be purchased from the pharmacy and commenced 7 days prior to your procedure date

FOLLOWING YOUR ENDOSCOPIC PROCEDURE

- You must have a responsible adult to pick you up and stay with you overnight.
- You will not be able to undertake the following activities for 24 hours after your procedure: Drive any vehicle, use heavy machinery, sign legal documentation or drink alcohol.
- You may resume normal eating habits after your procedure, unless otherwise instructed