

Preparation for Colonoscopy

Why?

For a **successful colonoscopy** it is very important that the **bowel is clean**. This will enable the doctor to clearly see the lining of the bowel. Poor preparation may mean that the procedure will have to be cancelled or stopped and you will have to repeat the procedure on another day. **You must cease Iron tablets, multivitamins, Fish/Krill Oil supplements 10 days prior to colonoscopy.**

What do I need?

- Bowel Prep Pack containing
- ✓ 1 sachet Magnesium citrate
 - ✓ 3 Bisacodyl tablets (yellow)
 - ✓ 1 sachet GLYCOPREP-C (3L)

How?

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

Days 1, 2 and 3	Follow low fibre diet
Day 4	Start the bowel preparation
Day 5	Day of procedure

When?

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

Day 1 – 3 Low Fibre Diet

Choose these foods	Avoid these foods
White bread, crumpets, English muffins Rice bubbles, cornflakes, white rice and pasta Couscous, bagels, polenta, pancakes White flour, cornflour, custard powder Plain sweet or savoury biscuits and cakes	Wholemeal or wholegrain breads, rice, pasta, porridge, muesli, quinoa, weetbix
Cooked and peeled vegetables including: Potato, pumpkin, zucchini, avocado, mushrooms,	Beans, nuts, peas, lentils and legumes. All other vegetables including salad vegetables
Tender cuts of meat, ground meat, tofu, eggs, fish and shellfish	Processed meats, hotdogs, sausages, tough meats with gristle
Plain yoghurt, all milks, cottage cheese, ice cream, butter, custard, rice pudding,	Dairy with fruit and seeds
Fruit peeled with no seeds: Apple, peach, pear, rockmelon, watermelon, ripe banana, tinned peaches, apples, apricots and pears	All other fruits and dried fruit
Bolied lollies, jellies, sugar, chocolate, honey, vegemite, salt pepper, dried herbs and spices	Peanut butter, dried fruits, marmalade with rind, jams with seeds and skins

Water, tea, coffee, milk, soft drinks, cordial, strained fruit juice, clear soups, Milo, Ovaltine, white wine

Juice with pulp

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, before and after your preparation.

Clear or strained soup, jelly (green or yellow only), water or strained fruit juice, black tea and coffee, soft drinks, herbal tea, iced tea, lemonade, ginger ale, yellow and orange sports drinks, orange and 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

5-7 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

At _____ Start to drink the **3rd litre** of **GLYCOPREP-C** – you should finish drinking this by _____

- Your bowel motion should be clear (or look like urine) and free of particles
- DRINK WATER ONLY UNTIL _____ and then FAST, nothing more to drink**

Some Helpful Hints

- Add diet lemon cordial to the **GLYCOPREP-C (one glass at a time)**
- Drink the solution through a straw, suck the **occasional** barley sugar or butterscotch between drinks
- Apply protective cream, eg. Lanoline/ Vaseline 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.
- Keep warm: 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 have any questions or feel your bowel motion is not clear enough please contact The Prince Charles Endoscopy Unit on ☎ 07 3139 4199 after 7.30AM