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## Colonoscopy Patient Preparation

The following are specific preparation instructions for patients with an appointment for the colonoscopy procedure. The colon must be completely clean for the examination to be successful. Inadequate cleaning of the bowel may result in the procedure having to be repeated, so please follow the instructions carefully. The bowel preparation solution will cause multiple bowel motions, usually within the first 2-3 hours after the first dose. You may also experience intermittent abdominal cramps.

### Purchase 3 sachets of Picosalax

Picosalax are available from our procedure centres or your local chemist (without a prescription). These are laxatives to be ingested the day before the test and will cause frequent, loose bowel actions. Please ensure that you only use as directed.

### Consult Your Doctor about Current Medication

If you are on IRON tablets, these should be stopped four days prior to the test. If you take medication for DIABETES (tablets or Insulin injections) or WARFARIN please consult the doctor in case the dosage needs to be adjusted.

## Two days before the procedure

Try to consume a low fibre diet. Stop eating brown bread, cereals, fruits, vegetables and anything containing seeds. We also recommend that you avoid yellow cheese. You MUST avoid red and purple food colouring.

You may eat: Eggs, steamed white fish, poached chicken, cottage cheese, low fat plain yoghurt, white bread, white pasta, white rice, jelly (lemon, lime or orange), skim milk, well cooked and peeled pumpkin and potato.

Drink at least 3 litres of approved clear fluids. These include:

- Water, black tea and black coffee
- Strained fruit juices without the pulp (apple or pear juice)
- Clear soups such as broth and Bonox
- Jelly (lemon, lime or orange)
- Cordial (lemon, lime or orange)

- Carbonated soft drinks (lemonade, lemon squash, ginger ale, mineral water)
- Clear ice blocks

## On the day before the procedure

### **If your procedure is in the morning:**

You are to have no solid foods, milk products or orange juice the whole day before your procedure. You may have clear fluids such as water, cordial, clear fruit juice, clear broth, black tea/coffee with sugar, jelly (not red), barley sugar lollies and soft drinks, Hydrolyte drinks, lemonade icy poles and honey. Avoid all drinks that are red in colour.

- At 4pm add one sachet of PICOSALAX to a glass of water, stir and drink the solution over 30 minutes.
- At 6pm add one sachet of PICOSALAX to a glass of water, stir and drink the solution over 30 minutes
- At 8pm add one sachet of PICOSALAX to a glass of water, stir and drink the solution over 30 minutes

### **IMPORTANT! Do not drink anything for 6 hours prior to the procedure!**

You may take your usual medication with a sip of water no later than 2 hours before the test unless otherwise instructed by your Doctor.

### **If your procedure is in the afternoon:**

You can have a light breakfast before 8:00am the day before your procedure (piece of toast with no seeds and a cup of tea). No solid foods, milk products or orange juice after 8:00am for the remainder of the day before. You may have clear fluids such as water, cordial, clear fruit juice, clear broth, black tea/coffee with sugar, jelly (not red), barley sugar lollies and soft drinks, Hydrolyte drinks, lemonade icy poles and honey. **AVOID ALL DRINKS THAT ARE RED IN COLOUR.**

- At 6pm add one sachet of PICOSALAX to a glass of water, stir and drink the solution over 30 minutes.
- At 8pm add one sachet of PICOSALAX to a glass of water, stir and drink the solution over 30 minutes
- At 7am on the morning of your procedure add one sachet of PICOSALAX to a glass of water, stir and drink the solution over 30 minutes

### **IMPORTANT! Do not drink anything for 6 hours prior to the procedure!**

You may take your usual medication with a sip of water no later than 2 hours before the test unless otherwise instructed by your Doctor.

## On the day of the procedure

Arrival time at hospital: 7am for morning procedure; 11am for afternoon procedure.

### Have Someone to Collect You after the procedure

Due to the use of anaesthetic during our endoscopy procedures, the effects will make you drowsy and incapable of legally driving yourself home.

Remain Under Competent Supervision For 12 Hours

For 12 hours after the procedure, you should remain in the care of a responsible adult and not drive or operate machinery.