

Prep 4A - From 9am procedures: COLONOSCOPY BOWEL PREPARATION INSTRUCTIONS CP-005-B055A

Buying preparation from chemist, please purchase:

2 x Picoprep sachets AND 2 x 70g Glycoprep sachets AND 1 x tube of Hydralyte (lemonade or orange) tablets

4 days before:	3 days before:	2 days before:	1 day before:	Day of procedure:
Take regular medications unless instructed otherwise. STOP IRON TABLETS If you normally take Movicol, Osmolax, Coloxyl, Coloxyl with senna Continue to take DO NOT CONSUME ANY FOODS that contain nuts, grains or seeds from today until after your procedure	Take regular medications unless instructed otherwise. Diabetic patients -Follow instructions given by doctor If you normally take Movicol, Osmolax, Coloxyl, Coloxyl with senna Continue to take EVERY MEAL today MUST be from the 'Foods ALLOWED' list See next page	Take regular medications unless instructed otherwise. Diabetic patients -Follow instructions given by doctor If you normally take Movicol, Osmolax, Coloxyl, Coloxyl with senna Continue to take EVERY MEAL today MUST be from the 'Foods ALLOWED' list See next page	Take regular medications unless instructed otherwise. 9PM - Take all night-time medications unless instructed otherwise. Diabetic patients -Follow instructions given by doctor 7-7.30AM - Breakfast from 'Foods ALLOWED list ONLY. NO MORE FOOD AFTER 7.30am until procedure completed. DRINK APPROVED CLEAR FLUIDS ONLY FROM 7.30AM- midnight 1st sachet 9AM / 1PM- Glycoprep sachet - Follow instructions on sachet to mix. Drink 1 glass every 15 mins. Drink 1-2 glasses of 'HYDRALYTE OR APPROVED CLEAR FLUIDS' after drinking Glycoprep. See next page. 2nd sachet 1PM / 5PM – Pico prep sachet - Follow instructions on sachet to mix. Pico prep sachet Drink 2-4 glasses of HYDRALYTE OR 'APPROVED CLEAR FLUIDS' after drinking Pico prep. See next page. 3rd sachet-5 PM / 8 PM-Glycoprep sachet- Follow instructions on sachet to mix. Drink 1 glass every 15 mins. Drink 2-4 glasses of HYDRALYTE OR 'APPROVED CLEAR FLUIDS' after drinking Glycoprep. See next page. FROM MIDNIGHT ONLY drink water with Hydralyte	ONLY drink water with Hydralyte Take regular medications at: Diabetic patients -Follow instructions given by doctor. 4th sachet _____=4 hrs before admission Pico prep sachet- Follow instructions on sachet to mix. Drink 2-4 glasses of water with Hydralyte ONLY after drinking Pico prep. STOP everything 2 hrs before your admission time _____ Admission time: This is your arrival time NOT procedure time _____ DO NOT bring medications with you EXCEPT FOR Insulin Injection, Asthma Puffer, EPIPEN/ANAPEN, Parkinson Tablets - Do not chew gum or suck lollies - Leave dentures/false teeth in (if applicable) No smoking, vaping, e-cigarettes or social drugs on day of your procedure Please bring - Dressing gown (if you have one) - Supportive footwear - Spare pair of underpants - A bag for your belongings YOU MUST HAVE a responsible adult drive you home and stay with you until next day

Foods ALLOWED

2 DAYS OF DIET RESTRICTION

Make all meals up from below food listed
IF NOT on this list- DO NOT EAT IT

BREADS limited to: White bread, rolls, plain biscuits, white muffins, pancakes, honey, jams (without seeds), white crumpets, vegemite

Adjust with Gluten free options if applicable

CEREALS limited to: Rice Bubbles, Cornflakes, Weetbix, Nutrigrain * Use low fat milk only*

DESSERTS (Low Fat) limited to: Plain cake, natural low fat yoghurt, low fat ice cream, frozen yoghurt without fruit

FRUIT limited to: Ripe banana, apple sauce, stewed peeled fruit

RICE/PASTA limited to: White rice, white pasta, egg noodles (2-minute noodles)

VEGETABLES limited to: Cooked peeled carrot, pureed squash, pumpkin, Peeled mashed potato

DAIRY & FATS limited to: Margarine, light salad dressing, light mayonnaise, any plain low fat cheese

PROTEIN (MEAT etc..) limited to: Well-cooked lean white meat i.e.: no fat – skinless chicken, fish (fresh or tinned only in brine), shellfish, tofu, eggs

Meal suggestions:
White rice/pasta/tofu with tuna in brine or chicken
Plain white sandwich or bread roll with hard boiled eggs.
Salt & Pepper is only seasoning that can be used

On the day prior to your procedure APPROVED CLEAR FLUIDS

Drink a mixture of clear fluids until midnight on day prior to your procedure.

Do not drink ONLY water as your clear fluids.
You can have hydralyte freely.

NO red, blue or purple fluids.

Salted Fluids

Strained broth, strained chicken noodle soup, sports drinks, chicken or beef liquid stock

Fluid containing sugar

Apple juice, soft drinks- Not diet drinks.
Cordial

Other allowed fluids

Herbal tea, tea, or coffee
with low fat milk- any variety
(2-3 cups per day maximum)

***No latte or cappuccino**
Minimal clear alcohol

DAY OF PROCEDURE

**DRINK ONLY WATER WITH
HYDRALYTE
UNTIL 2 HRS BEFORE YOUR
ADMISSION TIME.**

Additional Information

ALL Diabetic patients Monitor blood sugar levels 4 to 6 hourly on the day prior to your procedure when drinking only. Please adjust your fluid selection (eg; apple juice) according to your readings. You must drink fluid containing sugar.

Diabetic on Insulin If you are diabetic and on insulin, a short appointment with your treating gastroenterologist is required prior to your procedure as your insulin dose may need modifying on the day prior and the day of your procedure

Type 2 Diabetic patients Please tell the nurse the name of all your diabetic medication as some may need to be ceased 3 days prior to your procedure.

Skin Integrity (Protection) We recommend that you apply barrier cream, i.e., zinc cream or Vaseline to the skin around your bottom, using wet wipes instead of toilet paper. This will help prevent soreness from the frequent bowel motions.

Medication Interaction Oral contraceptives may not be effective after bowel preparation and extra precautions for the rest of the month are advised.

Anti-coagulant medicines There may be a need to stop blood thinning medication prior to your procedure based on your gastroenterologist's advice.

The Digestive Health Centre accepts no responsibility for valuables