



DAY4 *day before your test*

Last Meal **2PM**, after this CLEAR FLUIDS ONLY.

You cannot eat until after the colonoscopy.

Clear fluids you **can** drink are

- ✓ Clear or strained soup
- ✓ Jelly, green or yellow only
- ✓ Water, coconut water
- ✓ Strained fruit juice, i.e. apple
- ✓ Black tea, black coffee or herbal tea
- ✓ Clear soft drink, no cola/coloured soft drinks

Instructions to make up each Prep Sachet

Slowly add the contents of one sachet to a large glass of water, approximately 250ml.

WARNING dehydration & electrolyte disturbances may occur in some people. Maintain drinking clear fluids, at least 250ml/hour to ensure adequate hydration; inclusion of an electrolyte drink like hydralyte® is advisable.

6.00pm Drink the first Prep solution slowly, followed by a full glass of clear fluid.

DAY5 *day of Colonoscopy*

6.00am Drink the second Prep solution slowly, followed by a full glass of clear fluid.

8.00am Drink the third Prep solution slowly, followed by 250ml of clear fluid. Finish drinking this by 9am. Your bowel motion **should look clear** (or like urine) and free from particles. Nil by mouth **no food or liquid** from 3 hours before procedure at ____ pm.

SOME *helpful hints*

Add diet lemon cordial to Picolax® or Picoprep®.

Apply some protective cream, e.g. Lanoline around your anal area to reduce excoriation (the area can become sore from diarrhoea).

Keep warm.

If you feel nauseated, stop for half an hour. Have a hot drink and walk around. Resume drinking and continue as before.

If you feel bloated, try walking around, suck some peppermints or drink peppermint tea.

If you become ill and have severe pain, seek medical advice from your GP or nearest Medical Emergency 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.



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WHY *do we prepare?*

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

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

WHAT *do I need?*

Bowel Preparation Pack containing
3 sachets of PicoPrep®/Picolax®

WHAT *do I need to do?*

Cease taking iron tablets, multivitamins and supplements 10 days prior to the procedure.

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

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

Let's begin

DAY1-3 *low fibre diet*

Start the low fibre diet. It's important to read the low fibre diet menu before you begin, ensuring you pay attention to the foods to avoid as well as the foods you can choose from.

LOW FIBRE DIET GUIDE *for Colonoscopy preparation*

BREADS AND CEREALS

Choose ✓ plain white bread or toast
✓ plain cakes or biscuits ✓ plain pancakes
✓ pikelets ✓ plain muffins ✓ plain bread rolls
✓ white rice ✓ white pasta ✓ crumpets ✓ bagels
✓ couscous ✓ plain croissants ✓ polenta
✓ pita bread ✓ Cornflakes or Rice Bubbles

Avoid ✗ wholemeal, brown and rye bread
✗ brown rice ✗ brown pasta ✗ unprocessed bran ✗ multigrain breads and muffins
✗ wholegrain cereals eg. Weet-Bix, Vita Brits or bran cereals ✗ rolled oats ✗ porridge
✗ muesli ✗ brown crumpets ✗ wholemeal flour and oatmeal ✗ cakes, muffins or biscuits containing nuts or fruit

MEAT AND PROTEIN FOODS

Choose ✓ beef ✓ pork ✓ veal ✓ poultry
✓ lamb ✓ fish and shellfish ✓ eggs

Avoid ✗ baked beans ✗ rissoles
✗ casseroles ✗ stir-fry meals ✗ nuts and seeds
✗ legumes ✗ lentils ✗ pizza

DAIRY FOODS

Choose ✓ milk ✓ cream and sour cream
✓ ice cream ✓ rice pudding ✓ plain or vanilla yoghurt ✓ condensed milk ✓ evaporated milk
✓ powdered milk ✓ processed or plain cheese
✓ cottage cheese ✓ butter ✓ margarine
✓ custard

Avoid ✗ dairy products with fruit, nuts and seeds, for example strawberry yoghurt.

FRUIT AND VEGETABLES

The skins and seeds from any fruits and vegetables will need to be removed.

Choose ✓ potato ✓ pumpkin ✓ marrow or squash ✓ choko ✓ avocado ✓ watermelon
✓ ripe banana ✓ apple ✓ peach ✓ pears
✓ pawpaw ✓ rockmelon ✓ canned peaches, apricots and pears

Avoid ✗ all other fruit and vegetables including salad vegetables
✗ tomato pasta sauce

DRINKS

Choose ✓ water ✓ cordial ✓ tea ✓ strained fruit juices ✓ coffee ✓ clear soups ✓ plain milk drinks ✓ milo or ovaltine ✓ soft drinks
✓ white wine ✓ coconut water

Avoid ✗ unstrained fruit juices
✗ dark carbonated drinks
✗ red coloured drinks ✗ red wine

OTHER FOODS

Choose ✓ plain lollies ✓ honey ✓ clear jellies, not red ✓ jellied strained jams ✓ sugar
✓ vegemite ✓ chocolate

Avoid ✗ jams with skins and seeds
✗ marmalade ✗ dried fruits, nuts or seeds
✗ peanut paste or peanut butter

Please increase your water intake during this period