

## DAY4 *day before your test*

Last Meal **MIDDAY**, 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

### *Before you begin...*

Make 2 Prep Sachets into 2 Litres of Colonlytely.

### *...at 5pm on DAY4*

**5.00pm** Take 3 tablets of Bisacodyl®.

**6.00pm** Begin drinking 2 litres of Colonlytely®

solution at about 1 litre per hour.

This will produce watery diarrhoea.

Finish drinking the 2 Litres no later than 9.30pm.

Drink one glass of clear fluids every hour until you go to bed. It is important to have adequate fluids to avoid headaches.

## DAY5 *day of Colonoscopy*

At \_\_\_\_\_ drink another 1 litre of Colonlytely® solution (using your third sachet). Finish drinking this by \_\_\_\_\_. Your bowel motion **should look clear** (or like urine) and free from particles.

Nil by mouth **no food or liquid** from \_\_\_\_\_.

## SOME *helpful hints*

Add diet lemon cordial to Colonlytely®.

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 Bisacodyl® tablets  
3 Prep sachets of Colonlytely®

## 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*

### **DAY 1-3** *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*

### 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*