

**COLONOSCOPY – BOWEL PREPARATION INSTRUCTIONS**

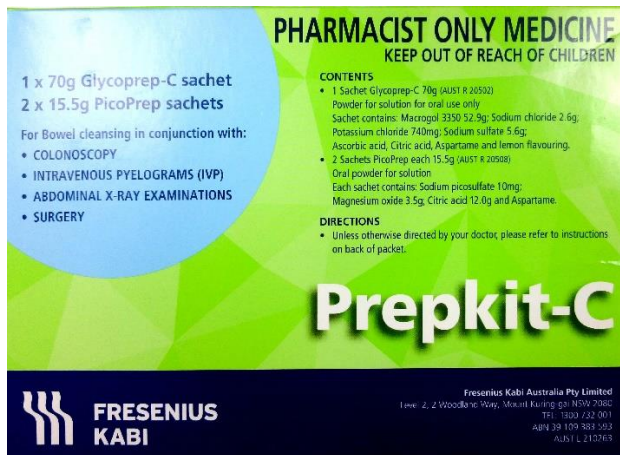
**Afternoon procedure**

Standard preparation plus Movicol for 5 days prior

An essential component of a successful colonoscopy is a clean colon. You must follow all of these instructions carefully. **IF YOUR COLON IS NOT CLEAN THE PROCEDURE WILL BE TERMINATED AND YOU WILL HAVE TO REPEAT THE BOWEL PREP ALL OVER AGAIN AND THE PROCEDURE DONE AT ANOTHER DATE.**

Firstly, you need to obtain the following bowel preparation medication from your local pharmacy (script not required):

1 x PREP-KIT C (This contains 2 sachets of PICOPREP, 1 sachet x 70 g of GLYCOPREP-C)



5 x Movicol Sachets



**7 DAYS BEFORE COLONOSCOPY** Stop taking any IRON TABLETS

**5 DAYS BEFORE YOUR COLONOSCOPY** Start taking 1 sachet of MOVICOL EVERY DAY until the day before your procedure (including the day before the procedure).

## **2 DAYS BEFORE COLONOSCOPY** Stop eating SEEDS, GRAINS or PEELS/SKINS

Start a LOW RESIDUE 'WHITE DIET'. Eat only these foods:

White bread/ toast, rice bubbles, white rice, white pasta, potatoes (peeled), rice noodles, rice crackers, white flour, sugar, eggs, chicken breast (no skin), white fish fillet (no skin), white cheeses, white coloured yoghurt (no added fruit), mayonnaise, cream, sour cream, butter/margarine, cooking oil, vanilla ice cream, white chocolate, lemonade icy-pole, clear jelly(not red/blue), custard

**DAY BEFORE COLONOSCOPY** Have a LIGHT BREAKFAST of white bread/toast. Take any regular medications.

After Breakfast, ONLY HAVE CLEAR FLUIDS.

DO NOT HAVE LUNCH OR DINNER.

Do have plenty of clear fluids such as:

- \* Water or clear broth
- \* Clear fruit juice (e.g. apple juice) or lemon/orange cordials
- \* Coffee or tea without milk
- \* Clear Gatorade or other sports drinks, soft drinks
- \* Plain jelly without added fruits or toppings  
(avoid red, purple or green coloured drinks/jellies)

### **At 7 pm:**

- Mix 1 sachet PICOPREP in a glass of water (250mls) and drink.
- Follow up with at least two glasses of water over the next 2 hours.
- Prepare 1 sachet GLYCOPREP-C by dissolving in 1 litre of water and place in refrigerator to cool overnight

**DAY OF COLONOSCOPY** Take any regular medications before 10.30am.

DO NOT HAVE BREAKFAST

### **At 7 am:**

- Drink 1 litre pre-mixed/chilled GLYCOPREP-C over 1½ hours (approximately 1 glass every 20 minutes).
- If you feel nauseated, slow down and drink it in small sips.

### **At 9 am:**

- Mix 1 sachet PICOPREP in a glass of water (250mls) and drink.
- Follow up with one to two glasses of water over the next 30 minutes.
- You may take water until 10.30

From 10:30 am and until the time of your colonoscopy, YOU MUST REMAIN NIL BY MOUTH (means NOTHING TO EAT or DRINK).

# Bowel Preparation Readiness Chart

Stool Color	Description	Readiness
	Dark, thick, particles	NOT READY
	Brown, thick, particles	NOT READY
	Dark orange, semi-clear	NOT READY
	Light orange, mostly clear	ALMOST READY
	Yellow, light, clear	READY