



## **BOWEL PREPARATION INSTRUCTIONS**

### **Afternoon Colonoscopy (COLONLYTLEY)**

*In order for a successful colonoscopy, it is important that the bowel is well cleared for the doctor to view the bowel lining.*

*Poor preparation may result in cancellation of your procedure and repeated on another day.*

**Advice should have been given to you, if you have Diabetes or take Warfarin, Aspirin (Cartia), Clopidogril (Plavix, Iscover), Pradaxa (Brilinta), Xarelto, Eliquis, Multivitamins or Iron Supplements**

**Any queries please call Dr Mark Doudle's rooms on 07 5564 6310**

**3 Days Before Procedure:** Follow a Low Fibre Diet (see reverse)

**2 Days Before Procedure:** Follow a Low Fibre Diet (see reverse)  
Take 2 Dulcolax tablets at night before going to bed.

#### **1 Day Before Procedure:**

**7:00 am – 8:00 am** Have a light breakfast of toast with a scraping of butter/margarine with tea or coffee with skim milk.

**8:00 am** **Drink clear fluids only for the rest of the day**  
(see reverse for a list of approved clear fluids)

#### **YOU ARE NOW ON A CLEAR FLUID DIET (SEE REVERSE)**

**3:00 pm** Add first sachet of Colonlytley to 1 litre of chilled water and mix well.  
Commence drinking 1 glass at least every 15 minutes until completed.

**6:00 pm** Add second sachet of Colonlytley to 1 litre of chilled water and mix well.  
Commence drinking 1 glass at least every 15 minutes until completed.

#### **Day of Procedure:**

**7:00 am** Add third sachet of Colonlytley to 1 litre of chilled water and mix well.  
Commence drinking 1 glass at least every 15 minutes until completed.

#### **Follow with 2 glasses of clear fluids**

**9:00 am** Mix one sachet of Picoprep in a glass of water (250 mls), stir well until effervescence stops. Drink slowly. Follow with 2 more glasses of water.

Take regular morning medication.

**\*\* DO NOT TAKE ANY DIABETIC MEDICATION \*\***

**10:30 am YOU ARE NOW NIL BY MOUTH UNTIL AFTER YOUR PROCEDURE**

## Allowed list of Low Fibre Foods & Fluids

<b>Drink options:</b>	Water, tea, coffee, unflavoured <b>skim milk</b> , soft drinks, cordial, <b>strained</b> fruit juices, <b>clear</b> soups, Milo or Ovaltine.
<b>Meat and Protein foods:</b>	<b>Lean</b> beef, veal, lamb, pork or poultry. Grilled fish. Eggs (boiled, scrambled or poached).
<b>Dairy foods:</b>	Milk, low fat ice-cream, cottage cheese, plain or vanilla yoghurt, custard, cheese, rice pudding, evaporated milk, powdered milk, butter or margarine.
<b>Fruit and Vegetables:</b>	Potato, pumpkin, marrow, squash, choko, avocado, mushrooms, <b>ripe</b> bananas, apple, peach, pears, pawpaw, rockmelon, watermelon, canned peaches and apricots. <b><u>You will need to remove the skin &amp; seeds from all of these fruits and vegetables.</u></b>
<b>Breads and Cereals:</b>	White bread/toast, <b>plain/white</b> muffins, <b>plain</b> bread rolls, crumpets, <b>plain</b> croissants, <b>white</b> pita bread, refined breakfast cereals, e.g. Semolina, Cornflakes, Rice Bubbles, <b>plain</b> pancakes/pikelets, <b>white</b> rice, couscous, polenta and <b>plain</b> bagels.
<b>Other foods:</b>	<b>Clear</b> jellies ( <b>orange, yellow</b> ), sugar, chocolate, honey, seedless jams and vegemite.

## Sample Menu - Low Fibre Diet

<b>Breakfast:</b>	Strained fruit juice, Corn Flakes or Rice Bubbles with <b>skim</b> milk. Eggs, (poached, boiled or scrambled). White toast or white muffins. Tea/Coffee.
<b>Lunch:</b>	White bread sandwiches or roll with ham, cheese, chicken, tuna or egg. <b>NO SALAD.</b> <b>Plain</b> cake or biscuits.
<b>Dinner:</b>	Lean meat, steamed chicken or fish. Potato/pumpkin with <b>NO</b> skins, white rice.
<b>Snacks:</b>	<b>Plain</b> cake, biscuits. Tea, coffee, herbal drinks or soft drink.

### Allowed clear fluids

- Apple juice
- Clear lime or lemon cordial
- Lucozade
- Jelly (only yellow or orange)
- Tea & or coffee (no milk)
- Clear soups (consommé, bonox, chicken soup (strained))
- Soft drinks – lemonade, ginger ale or ginger beer
- Beer or white wine (please avoid if possible)

### Some Helpful Hints

- **Drink plenty of clear fluids.**
- Apply protective cream eg. Lanolin around your anal area to reduce redness/pain.
- Keep warm.
- If you feel nauseated whilst taking the preparation, stop for 30 minutes and have a hot **clear drink**.
- If you feel bloated, try walking around, suck on some peppermints or drink peppermint tea.