



BOWEL PREPARATION INSTRUCTIONS

Morning 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)

Step 1. **1:00 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.

Step 2. **3:00 pm** Mix first sachet of Picoprep in a glass of water (250mls), stir well until effervescence stops, drink slowly. Follow this with 2 more glasses of water.

Step 3. **5:00 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:

Step 4. **5:30 am** Mix second sachet of Picoprep in a glass of water (250 mls), stir well until effervescence stops. Drink slowly. Follow this with 2 more glasses of water.

Take regular approved morning medication.

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

6:00 am YOU ARE NOW NIL BY MOUTH UNTIL AFTER YOUR PROCEDURE

Allowed list of Low Fibre Foods & Fluids

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

Sample Menu - Low Fibre Diet

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