

Colonoscopy Bowel Preparation Patient Instruction Sheet

Please purchase from a pharmacy: 1 sachet of Colonlytely 70g and 2 sachets of Picolax 15.5g

The success of your examination depends on the bowel being as clear as possible, otherwise the examination may need to be postponed and the preparation repeated.

STOP ALL IRON CONTAINING MEDICATIONS at least 5 days prior to your procedure. Continue with your regular medication unless told otherwise.

TWO DAYS BEFORE EXAMINATION

Do not eat list:

Do not brown bread, cereals, fruit, vegetables.
Do not have anything with seeds in it.
Do not have any yellow cheese.

Can eat list:

Do eat boiled or poached egg, cottage cheese, low fat plain yogurt, white bread, steamed white fish, boiled chicken, well cooked peeled pumpkin or well cooked peeled potato. You may have clear jelly, skim milk and drink plentiful approved clear liquids (please see below).

In the evening, make up the sachet of Colonlytely with 1litre of tap water, following the INSTRUCTIONS on the back of the packet. Chill in the refrigerator until required to drink the following evening. Do not discard empty packet to ensure the instructions are followed completely.

ONE DAY BEFORE EXAMINATION

HAVE NOTHING TO EAT AFTER BREAKFAST, DRINK CLEAR FLUIDS UNTIL AFTER YOUR COLONOSCOPY.

No solid foods, no milk products allowed.

*Drink only *** APPROVED CLEAR LIQUIDS all day.*

*****APPROVED CLEAR LIQUIDS:** (A good combination of these clear fluids, including 2-3 cups of strained chicken noodle soup, will give you a variation in fluid intake). Water, clear salty fluids (eg: strained chicken noodle soup), clear broth/bouillon, clear fruit juices (apple, pear & grape), plain jelly, black tea or coffee (no milk), sports drinks, carbonated beverages, barley sugar, clear fruit cordials (clear =lemon or lime. No red or purple colourings).

Individual responses to laxatives do vary. This preparation may cause multiple bowel movements. It usually induces frequent, loose bowel movements within 2-3 hours of taking the first dose. Please remain within easy reach of toilet facilities.

1. FIRST DOSE: 5.00pm

Add the entire contents of ONE sachet of Picolax in a glass of warm water (approx 250ml) and stir until dissolved. Chill for 30minutes before drinking if preferred. Drink mixture slowly but completely. This should be followed by adequate glasses of water or Approved Clear Liquids (at least a glass per hour) in order to retain hydration throughout your body.

2. SECOND DOSE: 7.00pm

Remove the made up Colonlytely from the refrigerator following the INSTRUCTIONS on the back of the Colonlytely packet. You should try to drink a glass of the preparation about every 15 minutes. Total intake time should take approximately 1 hour in duration. If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake.

3. THIRD DOSE: 9.00pm

Add the entire contents of the second sachet of Picolax in a glass of warm water (approx 250ml) and stir until dissolved. Repeat the same as the First Dose (3.00pm) instructions.

KEEP DRINKING APPROVED CLEAR FLUIDS UNTIL BEDTIME.

DAY OF EXAMINATION

You may drink clear fluids up to 6 hours before the test. Please take your morning medication as normal except for warfarin, blood thinners, clopidogrel and iron. You will be given special instructions if you take any of these or are a diabetic.

TO BOOK YOUR PROCEDURE, PLEASE CALL 1300 700 789.