

COLONOSCOPY BOWEL PREPARATION INSTRUCTIONS

Afternoon Procedure - EXTENDED PREPARATION PROTOCOL

To avoid cancellation and unnecessary repeat of colonoscopy, it is crucial to have a clean bowel. Therefore, please follow all these instructions very carefully.

Firstly, you need to obtain the following bowel preparation medication from Launceston Endoscopy Clinic -

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

If you take BLOOD THINNING MEDICATIONS (including warfarin (coumadin), rivaroxaban (xarelto), apixaban (eliquis), dabigatran, clopidogrel (palvix), prasugrel, ticagrelor, aspirin (aspro) or others), and have not attended or received phone advice from our nurse please call us at 03 6709 8012 for further instructions.

If you are taking DIABETES TABLETS/INSULIN, please read the "Diabetic Management Guidelines" www.diabetesaustralia.com.au and also a printed form of instructions are available if required which you must follow. If this has not happened please call 03 67098012 for advice.

7 DAYS BEFORE COLONOSCOPY

Stop taking any IRON TABLETS

Stop eating SEEDS, GRAINS or PEELS/SKINS

2 DAYS BEFORE COLONOSCOPY

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) and custard.

DAY BEFORE COLONOSCOPY

Have a **light breakfast** of white bread/toast. Take any regular medications. If patient are diabetic do not take the diabetes tablets today and refer to the diabetic guidelines for more instructions.

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 sports drinks and soft drinks (**avoid** red, purple or green colours)
- Plain jelly without added fruits or toppings (**avoid** red, purple or green colours)



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DAY BEFORE COLONOSCOPY

Please note:

Taking the bowel prep will cause you to have diarrhea. This is the only way to ensure the bowel is clean.

At 6 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/Colonlytely by dissolving in 1 litre of water and place in refrigerator.

At 8 pm:

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

Get up early at 05:30 am DON'T HAVE BREAKFAST

Take the usual medication before 06:00 am apart from any you have been instructed to cease. If patient are diabetic do not take the diabetes tablets this morning, refer to the diabetic guidelines for more instructions.

At 6:00 am:

- Mix 1 sachet of PICOPREP in a glass of water (250mls) and drink.
- Follow up with one to two to four glasses of water over the next 30-60 minutes.

At 08:30 am

- Drink 1 litre pre-mixed/chilled GLYCOPREP-C/Colonlytely over 1½ hours (approximately 1 glass every 20 minutes).
- If you feel nauseated, slow down and drink it in small sips
- Patient may have water until 06:30 am.

DAY OF COLONOSCOPY

NIL BY MOUTH 2 hours before your colonoscopy (means NOTHING TO EAT or DRINK).

How do I know when my bowel prep is complete and adequate?

The stool coming out should look like the stuff patient are eating and drinking clear, without many particles. How to know bowel preparations were done? Basically when the stool coming out is yellow, light, liquid and dear - like urine.

Any questions or concerns contact
Launceston Endoscopy Clinic on:
03 6709 8012



Dark &
murky

NOT OK

Brown &
murky

NOT OK

Dark orange
semi-clear

NOT OK

Light orange
mostly-clear

ALMOST
THERE

Yellow & clear
like urine

PATIENT IS
READY



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