BOWEL PREPARATION PRIOR TO COLONOSCOPY – Afternoon Procedure

Please read this at least 1 week before your procedure

For a **successful colonoscopy** it is very important that the lining of the bowel is clearly visible so that the risk of lesions being missed is minimised. Poor preparation may mean that the procedure will have to be stopped and repeated on another day, or that the accuracy of colonoscopy is reduced,

To ensure that the bowel is adequately cleaned, you need to drink a special bowel solution called 'bowel preparation' before the procedure. It is important to drink **all** of the solution to clean your bowel completely.

7 days prior to your colonoscopy

Please obtain **Prepkit-Orange + one sachet of Glycoprep-Orange 70g** from your pharmacy. This is an over-the-counter medication and you do not require a prescription.

Please follow the instructions below, **not** the instructions on the box / packet.

Medications:

- Please cease any iron supplements or anti-diarrhoeal drugs.
- If you are on blood thinners or any medication for diabetes, please ensure this has been discussed with your gastroenterologist about whether this should be ceased prior to your procedure. If you are on aspirin, continue this medication as directed.

*NB: If you are taking Ozempic – please cease this **2 weeks** prior to your procedure and have clear fluids only the day before your procedure (see below for clear fluids instructions).

5 days prior to your colonoscopy

Stop consuming legumes, grains, pips, seeds (e.g. sesame and poppy seeds) nuts and wholegrain bread for five days prior to your colonoscopy.

3 days prior to your colonoscopy

Commence a **White diet:**

- The White Diet is a very low residue diet that allows patients to eat solid foods in the days leading into their colonoscopy.

Foods allowed:

- Water, mineral water, lemonade, soda water, tea, coffee, milk.
- Eggs, cheese, butter and margarine, white coloured yoghurt (no added fruit), mayonnaise, cream, sour cream, oil for cooking.
- White rice, white pasta, peeled potatoes, rice noodles, rice bubbles, white bread / toast (not high fibre).
- Skinless chicken breast, white fish (no skin).
- Fruit (limit to 2 pieces/day): Soft ripe fruits without skin, pips, or seeds e.g. melons, peaches, apricots, pawpaw, apples, citrus (no pith). Tinned or stewed fruit (without skin). Fruit juices (without pulp / strained).
- Vegetables (limited to 3 serves/day): Peeled potatoes, pumpkin, squash, carrot, green beans, zucchini, choko, marrow, asparagus tips, lettuce, bamboo shoots, avocado, tomato paste or puree.
- White chocolate, vanilla ice cream, lemonade 'icy pole', custard.

Foods to be excluded:

- Other white foods including pears, parsnip, cauliflower, onion, high fibre white breads, tofu, coconut, porridge, banana, mushrooms, chewing gum, semolina, couscous, popcorn.
- Alcohol.

Sample Meal Plan:

Breakfast:

- Strained fruit juice (not prune).
- Cornflakes or Rice bubbles with milk and sugar.
- Stewed or allowed fruit.
- Egg, cheese, or meat if desired.
- White bread or toast with margarine or butter and honey or vegemite.

Lunch:

- Clear soup or soup with allowed vegetables.
- Chicken, fish, cheese, or egg sandwich.
- Stewed or tinned fruit or allowed fresh fruit.
- Tea, coffee, or milk drink.

Dinner:

- Steamed or grilled chicken or fish.
- Potato – peeled, boiled, or mashed.
- White rice or noodles or white pasta.
- Allowed vegetables.
- Milk pudding – e.g. Custard.

Snacks:

- Tea, coffee, or milk drink.
- Plain biscuit, plain cake, plain scone.
- Permitted yoghurt, cheese, milk drink.
- Permitted fruit – maximum 2 servings per day.

The day before and of your colonoscopy

The day before your procedure:

- In the morning, prepare two separate Glycoprep-C 70g solutions. Dissolve the contents of the two 70g sachets, each in a separate litre of water and chill in the refrigerator until required to drink at 9:00 pm (see below).
- You may have breakfast and lunch, as long as you are following the white diet, then should **stop all foods after lunch**. You may continue to have approved clear fluids until two hours prior to your admission.

Approved clear fluids:

- Water, clear fruit juices (apple/pear), black tea or coffee (no milk/soy), Lucozade, Bonox, clear broth, clear bouillon, lemonade, plain jelly (lemon, lime, orange, mango), clear fruit cordials
- **Avoid** any fluids with red or purple food colourings.

Please drink liberal amounts of clear liquid before, during and after taking the preparation (drinking clear liquid in addition to the bowel preparation will aid in the bowel cleansing effect).

You may continue to drink **clear fluids only** until two hours prior to your admission time.

Bowel preparation instructions:

FIRST DOSE: **8:00 PM DAY PRIOR**	Add the entire contents of **first sachet of Picoprep** to a glass (approximately 250mL) of warm water and stir until dissolved. Chill for half an hour before drinking if preferred. Drink mixture slowly but completely. Once complete, drink 1 litre of clear fluid over the next half an hour to hour.
SECOND DOSE: **9:00 PM DAY PRIOR**	Commence drinking the **first Glycoprep-C solution** which was previously prepared. Drink approximately 1 to 2 glasses every 15 – 20 minutes until completed. Drink the mixture slowly but completely. If you become nauseated, reduce the rate of intake
THIRD DOSE: **8:00 AM DAY OF PROCEDURE**	Add the entire contents of the **second sachet of Picoprep** to a glass (approximately 250mL) of warm water and stir until dissolved. Chill for half an hour before drinking if preferred. Drink the mixture slowly but completely. Once complete, drink 1 litre of clear fluid over the next half an hour to hour.
FOURTH DOSE: DAY OF PROCEDURE **Commence 3 HOURS BEFORE admission and must be completed 2 HOURS BEFORE ADMISSION**	Commence drinking the **second Glycoprep-C solution** which was previously prepared. Drink approximately 1 to 2 glasses every 15 – 20 minutes until completed. Drink mixture slowly but completely. If you become nauseated, reduce the rate of intake. *Do not consume anything further by mouth, other than your usual medications which can be taken with a sip of water.*

FOURTH DOSE: Commenced at ..... (AM/PM) and finished by ..... (AM/PM)

On the day of your procedure:

- A reminder to consume no food, only clear fluids. **Please cease all fluids two hours prior to your admission time**.
- Your usual medications can be taken with a sip of water (apart from any diabetes or blood thinners you were asked to withhold).
- Wear comfortable clothes and flat shoes.
- Do not wear jewellery, nail polish, or bring any valuable items with you.

After your colonoscopy

You must have an adult pick you up, take you home and stay with you overnight.

You will not be able to undertake the following activities for 24 hours after your procedure:

- Drive any vehicle, use heavy machinery, sign legal documentation or drink alcohol.

You may resume normal eating habits after your procedure, unless otherwise instructed.

Tips for drinking bowel preparation

- Ensure that you have pre-prepared and chilled the Glycoprep-C solution prior to drinking.
- Purchase plenty of your favourite clear fluid (i.e. clear fruit juices, lemonade, plain jelly, clear fruit cordials) to have the day prior to your colonoscopy.
- Keep yourself warm whilst drinking the bowel preparation.
- Drink the solution through a straw, suck the occasional barley sugar or clear peppermint between drinks.
- If you feel nauseated whilst taking the preparation, stop for 30 minutes. Have a hot drink & walk around, resume drinking & continue as before.
- If you feel bloated, try walking around, suck some clear peppermints / drink peppermint tea.
- Consider applying protective cream, e.g. Lanoline around your anal area to reduce excoriation.