

Preparing for colonoscopy

Preparing for colonoscopy is very important. Good bowel preparation results in a quicker, more comfortable, more accurate and reliable procedure. To ensure your procedure is optimal, please make sure you understand the preparation guidelines and do not hesitate to ask **Dr Dahlenburg** if you have any questions.

Two days before your procedure

Have a "low residue diet". Avoid grained bread and vegetables with seeds or skins. If you are taking iron tablets, stop taking them. Drink plenty of water.

AVOID	ALLOWED
Wholegrain bread, fibre enriched white bread, wholemeal (brown) rice or pasta, corn meal, cereals, muesli bars, oats (porridge)	Plain white bread, panini, English muffins, white toast, French toast, Cornflakes, Rice Bubbles, white flour, white pasta, white rice.
Casseroles or dishes containing vegetables	Lean beef, pork, lamb, veal, fish, poultry, eggs, sausages, bacon, meat curries (no onion), plain meat or steak and bacon pies, tofu, meat substitutes.
Strawberries, passionfruit, citrus fruit, grapes, tomato, capsicum, peas, corn, onions. Legumes such as baked beans or kidney beans, lentils, barley, split peas. All fruit and vegetable skins and seeds.	Clear strained fruit juice (clear apple, clear pear), strained vegetable juice (V8). Skin-free pumpkin and potato (mashed, steamed, baked), potato salad – with mayonnaise, egg, ham.
Coconut, dried fruit, nuts, sultanas, raisins, seeds e.g. linseed, sesame, sunflower, poppy. Fruit yoghurt, jevity, Sustagen Hospital with fibre, Nutrison Multi Fibre.	All milks, plain yoghurt, cheese, white sauce, sour cream, butter, margarine, oil, mayonnaise, plain ice cream, meringue, custard.
Jams and marmalades with skins, seeds or peel, peanut butter, mustard, most relishes.	Vegemite, honey, lemon butter, cheese spread, fish and meat paste.
AVOID ALL FIBERE SUPPLEMENTS SUCH AS: Metamucil, Normafibre, Normacol Plus, Nucolox, Psyllium, Benefibre, Fybogel.	Strained broths, clear soups, beef tea, soup cubes. Water – include at least 6-8 gasses per day. Soda water, tea, coffee, Bonox, Bovril, cordial, Milo, Aktavite, Ensure, Digestilact.

One day before your procedure

No solid foods or milk products may be consumed. You may **only** have clear fluids. Approved clear fluids include water, clear cordials or fizzy drinks, black tea or coffee, clear broth, jelly (not red or purple), and of course water. **Drink plenty of fluids throughout the day to avoid dehydration.**

While on Clear Fluids you are allowed:

- Water, black tea, black coffee (NO MILK)
- Cordial – orange or lemon, NO red, green, purple or blue.
- Fruit juice – clear apple, pear, grape, cranberry or blackcurrant
- Yellow or orange jelly, NO ice cream or fruit pieces
- Soda water or dry ginger ale
- Clear soup – strain bits out before drinking or broth
- Beef tea e.g. Bovril, Bonox
- Soup cubes e.g. stock cube in hot water, consommé
- Sports drink e.g. Gatorade or PowerAde NO red, green, purple or blue
- Barley sugar lollies

Bowel preparation

Picoprep 15.5g x 3

Mix each sachet in a 250 ml glass of warm water and stir. Chill in the fridge. May be mixed with cordial syrup.

For a morning procedure take a glass at 6pm, 9pm and 5am.

Prepkit C

This comes with 2x picoprep 15.5g and 1x 70g glycoprep solution. Mix the picoprep in a warm glass of water and the glycoprep in a 1L jug of water and place in the fridge.

For a morning procedure drink a glass of picoprep at 6pm, the jug of glycoprep at 9pm, and the final glass of picoprep at 5am.

Movi-prep

This preparation contains 2x sachets. Mix each sachet in 1L of warm water and place in the fridge. This solution is already flavoured lemon or orange.

Drin at 7pm and 4:30am. You can drink slowly over 1 hour.