

INSTRUCTIONS FOR COLONOSCOPY

AFTERNOON PROCEDURE

WITH DR RAY BUTTIGIEG / DR DANIEL VAN LANGENBERG

To allow the examination of the inside of the large bowel, the bowel must be completely emptied and clean. By following the diet instructions below and using the bowel preparation, this will ensure that a clear view can be obtained.

<i>2 Days before Procedure</i>	<i>Day before Procedure</i>	<i>Day of Procedure</i>
<p>Stop all iron medications & fibre supplements (eg Metamucil, Fybogel, etc)</p> <p>Continue your regular medications (except blood thinning agents and diabetic medication – these should be discussed with the doctor)</p> <p>Stop eating Brown bread, cereals, fruit and green vegetables Do not have anything with seeds in it. Do not have yellow cheese or fats eg margarine or butter</p> <p>You may eat Boiled or poached egg Low fat cottage cheese Low fat plain yoghurt White bread Lean meat White fish steamed Boiled chicken Well cooked peeled pumpkin Well cooked peeled potatoes Jelly Skim milk <i>*Drink plenty of approved clear fluids*</i></p> <p>Before retiring at night take two (2) Bisacodyl (or Duro lax) tablets (as supplied in the prep kit or obtain from pharmacy)</p>	<p>Low fat, low roughage breakfast</p> <p><i>No solid food, no milk or milk products allowed after 12 noon today</i></p> <p>Drink only approved clear fluids for lunch and dinner to a total of at least 3 litres through the day</p> <p>5:00pm Mix contents of one sachet of Picolax (PicoPrep) as directed on pack. Drink mixture gradually but completely. The Picolax (PicoPrep) will induce frequent loose bowel motions for several hours</p> <p>8:00pm Repeat the above procedure with 2 (PicoPrep)</p> <p><i>If nausea develops while taking the preparation cease for one hour then restart</i></p>	<p>7:00am Repeat Picolax (PicoPrep) procedure with the 3</p> <p>Between 7:00am and 9:00am Drink 1 litre of fluid (take your usual medications now too)</p> <p>Nothing to eat or drink from 9:00am until after the procedure</p> <p>If you have any queries please telephone the office on 9871 4788</p>

***Approved clear fluids:** Water, apple juice, plain jelly (avoid red and purple) black tea or coffee, Bonox, clear broth (chicken noodle without the noodles), clear fruit cordial (no red or purple colours), sports drink.