

INSTRUCTIONS FOR COLONOSCOPY

MORNING 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 and bowel prep instructions below, 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 & 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 *Drink plenty of approved clear fluids*</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>No solid food, no milk or milk products allowed</p> <p>Drink only approved clear fluids for breakfast, lunch and dinner to a total of at least 3 litres through the day</p> <p>12:00 noon 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>3:00pm Repeat the above procedure with 2 (PicoPrep)</p> <p>6.00pm Repeat the above procedure with 3 (PicoPrep)</p> <p>If nausea develops whilst taking the preparation cease for one hour then restart</p> <p>12.00 midnight: Nothing to eat or drink until after the procedure, except usual</p>	<p>Nothing to eat or drink until after the examination, except your usual medications with a <i>small sip of water</i></p> <p>If you have any queries please call 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