

# INSTRUCTIONS FOR COLONOSCOPY –TABLET ONLY PREP

## *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. You may use either Diacol (total 32 tablets) or Colocap Balance (total 50 capsules) as an alternative to normal liquid bowel preps. These tablet preps can be purchased at your local pharmacy (they may need to order it in).

<i>2 Days before Procedure</i>	<i>Day before Procedure</i>	<i>Day of Procedure</i>
<p><b>Stop all</b> iron &amp; fibre supplements (eg Metamucil, Fybogel, etc)</p> <p><b>Continue</b> your regular medications (except blood thinning agents and diabetic medication – these should be discussed with the doctor)</p> <p><b>Stop eating</b> 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><b>You may eat</b> 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 <b><i>*Drink plenty of approved clear fluids*</i></b></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><b><i>No solid food, no milk or milk products allowed</i></b></p> <p><b>Drink</b> only approved clear fluids for breakfast, lunch and dinner to a total of <b>at least 3 litres</b> through the day</p> <p><b>3:30pm</b> Swallow the first 4 <b><i>Diacol</i></b> tablets (or 5 <b><i>Colocap</i></b> capsules) by drinking a large glass (at least 250ml) of clear fluids.</p> <p>Then take 4 more Diacol (or 5 Colocap capsules) <b>every 15 minutes</b> with at least 250ml more fluids to drink each time, until all the tablets (or capsules) have been taken.</p> <p>You should continue to drink plenty of clear fluids after completing the tablet preparation.</p> <p><b><i>If nausea develops whilst taking the preparation cease for one hour then restart</i></b></p> <p><b>12.00 midnight:</b> Nothing to</p>	<p><b>Nothing to eat or drink</b> until after the examination, except your usual medications with a <i>small sip of water</i></p> <p><b>If you have any queries please call the office on 9871 4788</b></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