

# PREPARATION FOR COLONOSCOPY

**YOU MUST HAVE A RESPONSIBLE ADULT WITH YOU TO DRIVE YOU HOME AND STAY WITH YOU FOR 12 HOURS**

If you are taking Asasantin, Elequis, Iscover, Persantin, Plavix, Pradaxa, Warfarin/Marevan, or Xarelto please discuss with your GP ceasing or not, one week prior to procedure

If you are a diabetic or taking any of the above please make sure the receptionist and doctor is aware of this.

**Please bring the following:**

- Your medicare card, pension card
- Your current medication or a list of what you are taking and any relevant x-rays from the previous three months.
- Your referral letter (if not already given to doctor).

**DISREGARD THE INSTRUCTIONS PRINTED ON THE PACKET AND STRICTLY FOLLOW THOSE BELOW ONE WEEK PRIOR TEST: Stop taking iron tablets. Continue all other medications.**

**3 DAYS BEFORE EXAMINATION: STOP TAKING ANY FIBRE SUPPLIMENTS (ie Metamucil, Psyllium or Benefibre) and COMMENCE A LOW FIBRE DIET**

Choose	Avoid
<b>CHOOSE - Breads and cereals</b> Plain white bread/ toast Plain muffins Plain bread rolls Plain croissants Pita bread Refined cereals: Cornflakes, Rice Bubbles Plain cakes/biscuits Plain pancakes/ pikelets/crumpets White rice White pasta Cous cous	<b>AVOID</b> Wholemeal, brown and rye breads Multigrain bread and Muffins Wholegrain cereals eg Bran, Weetbix, Vitabrits Cakes and biscuits Containing nuts, dried Fruit Brown rice Brown pasta Unprocessed bran Rolled oats/porridge Muesli Brown crumpets Muffins with fruit Wholemeal flour and Oatmeal
<b>CHOOSE - Vegetables and fruit – remove skin and seeds from all fruit and vegetables on this list</b> Potato, pumpkin Marrow/squash/choko Avocado Mushroom Ripe banana, pawpaw Peeled peach or pear Rock/watermelon Canned/cooked: pear peach,apple,apricot	<b>AVOID</b> all other fruit and vegetables, including salad vegetables and onion.
<b>CHOOSE - Meat and other protein foods</b> Beef Veal Poultry and eggs Pork Lamb Fish and shell fish	<b>AVOID</b> Baked beans Casseroles Lentils Legumes Rissoles Stir fry meals Nuts and seeds Pizza
<b>CHOOSE – Dairy food</b> Milk, custard, ice cream Cheese- plain/cottage Rice pudding Evaporated milk Powdered milk Vanilla/plain yoghurt Cream/sour cream Condensed milk Butter/margarine	<b>AVOID</b> Dairy products with fruit and seeds
<b>CHOOSE – Other food</b> Boiled lollies, clear jelly (not red) , sugar, chocolate, honey, jellied strained jams, vegemite	<b>AVOID</b> Jams with skins and seeds, peanut butter, dried fruit and nuts, marmalade

**Drink 2 litres of fluid each day to avoid dehydration**

## COLONOSCOPY

### THE DAY PRIOR TO YOUR EXAMINATION

#### **Make up your kit in the morning – refrigerate if desired**

1. **Magnesium Citrate** – Add the contents of the sachet to half a glass of hot water. When fizzing stops fill the glass with tap water.
2. **Glycoprep** – Mix the powder with three litres of water and stir until dissolved .

**No dairy products to be consumed – no milk in tea or coffee.**

**Drink plenty of the following fluid during the day (ONLY: water, clear, pulp free juice, black tea or coffee.**

**You may have a low fibre breakfast and lunch. NO FURTHER SOLID FOOD**

**4pm** Take the 3 Bisacodyl tablets with a glass of water.

**5pm** Drink Magnesium Citrate mixture followed by a glass of water

**6pm** Commence drinking 2 litres the Glycoprep. Drink 1 glass every 15 minutes.

#### **Day of Procedure**

#### **No solid food to be consumed before examination**

**At least 3 hours before your appointment time** - commence drinking the remaining Glycoprep – 1 glass every 15 minutes . This must be finished no later than **two hours** before your appointment time .

**STOP ALL FLUID INTAKE 2 HOURS BEFORE APPOINTMENT TIME**

**If your appointment is after midday** – drink your last litre between 9am – 10am

**Clear fluid to be continued** (at least 1 glass per hour) until **two** hours before your appointment time

**STOP ALL FLUID INTAKE 2 HOURS BEFORE APPOINTMENT TIME**

#### **RESULTS AND HINTS**

- You bowel motion should be clear (and look like urine)and be free from particles
- Drink the solution quickly though a straw.
- Apply protective cream (Lanolin/ Pawpaw ointment) to anal area to reduce excoriation.
- If you feel nauseated while taking prep – have a half hour break. Have a hot drink and walk around – then start again.
- If you feel bloated – walk around, suck a peppermint/drink peppermint tea
- If you become ill and have severe pain – seek medical advice from your GP or the nearest Emergency Medical Centre

Heart and blood pressure tablets should be taken as usual at least four hours prior to examination. Other medications can be taken after the examination.

**IF YOU HAVE ANY PROBLEMS UNDERSTANDING THESE INSTRUCTIONS PLEASE PHONE:  
1300 733 801 to speak with a nurse.**