



Duieb

Colorectal



PATIENT INSTRUCTIONS FOR A COLONOSCOPY (after 10am)

Please purchase (PrepKit Orange) at least 4 days prior to the test from your local chemist. (no prescription required) The success of your examination depends on the bowel being as clear as possible. It is therefore necessary to follow instructions carefully to avoid having to repeat the test.

*** 2 Bisacodyl tablets should also be purchased separately (not included in the kit).

If you are taking anticoagulants (eg Warfarin) or regular Aspirin or Iron tablets we need to know before you start the bowel preparation, as these may need to be modified. If you are diabetic please contact Mr Duieb for instructions. Continue with all other medication.

TWO DAYS BEFORE EXAMINATION

1. Stop eating red meat, brown bread, cereals and vegetables. Do not eat anything with seeds in it. You may eat cornflakes, rice bubbles, boiled or poached egg, cottage cheese, low fat plain yoghurt, white bread, white rice, white pasta, steamed white fish, boiled chicken, well cooked peeled pumpkin or potato. You may have clear jelly, skim milk and you should drink plentiful amounts of approved clear fluids (see below).
2. Take **2 BISACODYL** tablets AT BEDTIME. There is a small chance that these may produce abdominal cramps which may be severe.

DAY BEFORE EXAMINATION

1. You may eat breakfast from foods on the permitted list before 8am.
2. After breakfast, no solid foods, milk or milk products are allowed.
3. Drink only clear fluids for the day. **Approved Clear Fluids Include:** Water, Gatorade or similar sports drink, strained fruit juice without pulp, clear broth or bonox, coffee or tea (without milk or non dairy creamer), clear ice blocks, fruit flavoured cordials, carbonated or non carbonated soft drinks. **Do not use fluids that are red or purple coloured.**
4. Make up the sachet of Glycoprep-Orange (add to one litre of water) and refrigerate. Don't drink yet.
5. At **5pm** add the contents of ONE sachet of PicoPrep to a glassful (approximately 250ml) of water. Stir until effervescence ceases. Drink the mixture gradually but completely. This should be followed by as many glassfuls of water or clear fluids as possible.
6. Diarrhoea will occur usually within 3 hours, so stay within reach of toilet facilities.
7. At **6pm** remove the Glycoprep-Orange from the refrigerator. Over the next hour drink a 250ml glassful of this mixture every 15 minutes. If you feel nauseated or bloated slow down, but ensure you drink it all.
8. **You should drink plenty of clear fluid or water until bedtime.**

DAY OF EXAMINATION

At **7:00 am** add the contents of one sachet of PicoPrep to a glassful (approximately 250ml) of water. Stir until effervescence ceases. Drink the mixture before 7:30am, and a further 4 glasses of water before 8:00am.

You may not eat solids at all but you should continue to drink water until 4 hours prior to admission time. You must then **FAST** completely until after the test.