



INSTRUCTIONS FOR COLONOSCOPY PREPARATION

INTENSIFIED BOWEL PREP

IMPORTANCE OF BOWEL PREPARATION

For successful colonoscopy examination, the bowel must be clean to allow the doctor to clearly view the colon and be able to safely perform diagnostic and therapeutic interventions. As the patient, you play an important role in the success of this procedure since incomplete cleansing of the bowel may result in the doctor missing significant abnormalities and hence, results in procedure being cancelled/ postponed and repeating the bowel preparation process. **PLEASE READ ALL THE INSTRUCTIONS CAREFULLY AND CONTACT US FOR ANY QUESTIONS.**

ELEMENTS OF BOWEL PREPARATION

The preparation for successful colonoscopy comprises following key elements.

- **Modification of diet** few days prior and increasing fluid intake
- **Adjustment** and/or temporary suspension of certain **medications**; most relevant to the blood thinners and diabetes medications as detailed below.
- **Drinking a bowel preparation kit** (some tablets and a powder dissolved in water) - We prefer to use **Glycoprep-O Kit (Kit contains the following three medications)**
 - **3 X 70 g Glycoprep Orange Sachets**
 - **3 X Bisacodyl 5mg tablets**
 - **1 X Magnesium citrate 21.5g Sachet**
 - **ADDITIONAL:**
 - **1 X 70g Glycoprep Orange Sachet (For additional 1 Litre of bowel prep)**
 - **Movicol sachets X 8 (for taking twice a day for 4 days prior to colonoscopy)**
 - The kit and Movicol sachets can be purchased from any Chemist without prescription.

At the completion of preparation - your bowel motion needs to be a clear straw-coloured fluid like urine.

7 DAYS BEFORE COLONOSCOPY

- **Stop** fish oil, iron supplements and fibre supplements (Metamucil/ Benefibre/ Psyllium husk etc), anti-inflammatory drugs (Nurofen/ Mobic/ Voltaren) seven days prior to your procedure.
- **Continue with your other usual medications**
- **ATTENTION:** Your doctor would have given **specific instructions** for management if you are taking any of the following medications and please write down in the space below.
 - **Diabetes medications**
 - **Antiplatelets (aspirin, clopidogrel, ticagrelor etc)**
 - **Blood thinning medications (warfarin, Clexane, dabigatran, rivaroxaban, apixaban)**

MEDICATION CHANGES INSTRUCTIONS:



4 DAYS BEFORE COLONOSCOPY

- **Start taking Movicol (laxative) one sachet (dissolved in 150mls of water) twice daily.**
- You must follow the **LOW FIBRE DIET** 4 days prior to your procedure date. This diet assists in cleaning the bulk residue from your bowel in preparation for your procedure. Only choose food from the green column and avoid foods from the yellow column.

LOW FIBRE DIET

Food Group	Choose LOW FIBRE	Avoid HIGH FIBRE
Bread and Cereals	White bread and rolls, White rice and pasta, Refined breakfast cereal (e.g., Rice Bubbles, Cornflakes, Special K) White flour, plain cakes (e.g., sponge), Refined biscuits (e.g. milk arrowroot)	Wholemeal/wholegrain bread, Brown rice and wholemeal pasta, High fibre cereals (e.g., Sultana Bran, muesli, Weetbix and Vitabrits), Wholemeal flour, Fruit cake, Biscuits with nuts, Fruit coconut, Oatmeal, Pastries.
Fruit and Vegetables	Remove all skin and seeds first! Ripe bananas, Stewed or tinned apples, pears or peaches, Pawpaw, Boiled or mashed potatoes, Pumpkin, carrot, squash, choko, cauliflower tips, asparagus tips or zucchini, Lettuce	Avoid all other fruit and vegetables
Meat	All plain meat, chicken and fish. Eggs.	Pies, fatty and fried meat, highly seasoned meat.
Dairy Foods	Milk, mild cheese, plain yoghurt.	Yoghurt with seeds/ fruit, strong cheese.
Other foods	Oil, margarine or butter, All drink, Salt, pepper, spices, honey, sugar, Vegemite, Promite, Plain chocolate, Gravy, mayonnaise and vinegar.	Jam, marmalade, Popcorn, seeds, nuts, Peanut butter Chocolate with fruit or nuts.

1 DAY BEFORE COLONOSCOPY

Date: _____

Prior to 12 noon

You may have a light breakfast (from low fibre foods) such as 1-2 slices of white toast, yoghurt, scrambled egg, black tea or coffee. **This will be your last solid meal until after the procedure next day.** *After breakfast, ONLY APPROVED CLEAR FLUIDS AND NO SOLID FOOD.*

APPROVED CLEAR FLUIDS: (Please avoid anything red or purple)

Water, Clear soups, Lemon or lime cordial, Black tea / Coffee, Clear jelly or barley sugar, Clear soft drinks. Drink at least 1-2 glasses of approved fluids every hour to maintain hydration during the bowel preparation.

At 1 PM:

- Open the bowel prep kit, take 3 x bisacodyl tablets and mix Magnesium citrate in water and drink.
- These act as stool softeners and may initiate a bowel action.



At 4 PM:

- Prepare 4 litres of Glycoprep for consuming later (3 sachets in kit and one additional).
- Dissolve 4 X 70g sachets in 4 Litres of tap water.
- When dissolved, separate into 4 X 1Litre containers and place in fridge.

At 6 PM:

- Start drinking 3 litres of Glycoprep and finish over 3 hrs between 6pm to 9 pm and keep 1L for next morning.
- Try to drink one glass of the preparation every 15 minutes until finished.
- Once finished, continue drinking at least 1-2 glasses of water or approved clear fluids per hour until bedtime.
- This will produce frequent bowel movements so please stay at home or near a toilet.

DAY OF PROCEDURE

Date _____

IF PROCEDURE ON MORNING LIST (0700-1100 Arrival Time)

4-5 AM: Drink the final 1 Litre of Glycoprep over 1 Hr

IF PROCEDURE ON EARLY AFTERNOON LIST (1100-1400 Arrival Time)

8-9 AM: Drink the final 1 Litre of Glycoprep over 1 Hr

IF PROCEDURE ON LATE AFTERNOON LIST (1400 onwards Arrival Time)

10-11 AM: Drink the final 1 Litre of Glycoprep over 1 Hr

NB: REGARDLESS OF THE TIME OF THE PROCEDURE, CONTINUE DRINKING WATER OR APPROVED LIQUIDS UNTIL 3 HOURS PRIOR TO SCHEDULED PROCEDURE TIME, even after you have finished the bowel preparation.

THREE HOURS BEFORE PROCEDURE:

- Nothing to eat or drink (this includes gum, cigarettes, food and drinks)
- Morning medications may be taken with a sip of water only

TIPS FOR SUCCESSFUL BOWEL PREPARATION:

- To make bowel prep more palatable, you can add diet lemon cordial to the Glycoprep-C (One glass at a time)
- Drink the solution through a straw; suck the occasional barley sugar or butterscotch between drinks
- Walking around while drinking may minimize abdomen discomfort. Peppermint tea may help.
- If you feel nauseated while taking the preparation, stop for ½ hour, have a hot drink and walk around, resume drinking and continue as above.
- If your anal region becomes sore, a barrier cream may help (Vaseline, Zinc/ Sudocrem)
- If you become unwell or have severe pain, seek medical advice from your GP or nearest ED.

Please contact us via the contact details provided above if you have any questions or concerns.