



Frankston Private Gastroenterology Colonoscopy Preparation Instructions



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Why? For a successful colonoscopy it is very important that the bowel is clean – this will enable the doctor to clearly see the lining of the bowel. Poor preparation may mean that abnormalities cannot be seen, and therefore the procedure will have to be cancelled or stopped and repeated on another day.

What do I need? Buy the **Prep kit C** (available from any pharmacy) and follow our instructions only.

2 days before your colonoscopy – **LOW FIBRE DIET**

 Choose these foods	 Don't eat these foods
White bread, rice bubbles, plain pasta, couscous, polenta, white flour, plain crackers, rice noodles	Wholemeal or wholegrain breads, rice, wholemeal pasta, porridge, muesli, quinoa, any other cereals, grain crackers.
Potatoes, -cooked and peeled. Avocado, mushrooms	Beans, nuts, peas, lentils – all other vegetables including salads.
Fish, chicken, tofu, eggs, oils	Red meats, processed meats; ham, sausage.
Plain yogurt, milk, ice cream, white cheese, butter, cream, custard, mayonnaise	Dairy containing fruit or nuts., fruit smoothies, fruit/nut yogurt, Yellow and orange cheese
Honey, salt, pepper, dried herbs, white chocolate	All fruit – fresh and dried
Water, tea, coffee, lemon or clear soft drinks, yellow sports drinks, clear soups, broth, consommé, white wine, lemonade icy poles	Fruit juices, dark coloured soft drinks, dark coloured sports drinks, red wine, dark coloured icy poles.

1 day before your colonoscopy **Breakfast - then ONLY ALLOWED CLEAR FLUIDS**

8 am	Light breakfast – (choosing from approved foods  as listed above) after breakfast only allowed clear fluids.
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Allowed Clear fluids - Clear or strained soups, broth, water, lemon or clear soft drinks, herbal teas, iced teas, yellow sports drinks, lemon cordial, plain yellow jelly

6pm	Mix 1 sachet of PICOPREP in a glass of water, then drink it.
7pm	Mix 1 sachet of GLYCOPEP -C into 1 litre of water – place in fridge to cool
8pm	Drink the 1 litre mix of GLYCOPEP-C over the next 2 hours e.g. by having 1 glass every 30 mins.
Until bedtime	Continue with allowed clear fluids

Day of colonoscopy

Take your regular medications with a sip of water (except don't take diabetic medication)

3 hours before your appointment time	Mix 1 sachet of PICOPREP in a glass of water, then drink it. Continue with approved clear liquids
2 hours before your appointment time	Stop drinking – nothing more allowed by mouth

Some helpful hints

*Ensure you are close to toilet facilities	*Add diet lemon cordial to the Glycoprep to make it easier to tolerate
*Chill the solution	*Drink the solution through a straw
*If you feel nauseated, stop taking the preparation for ½ hour, have a walk around then resume drinking	*Contact Dr. Merrett's rooms on 1300 000 180 if you have any further questions.

If you become severely ill, seek medical advice from your GP or Emergency Department

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Please allow 15-30 minutes to complete your eAdmission, ensuring it is submitted as soon as possible and no later than 3 days prior to your admission.