



Dr Owen McKay / Dr Phil Ha - Consultant Gastroenterologists
Colonoscopy Preparation Instructions

For a successful colonoscopy it is essential that the bowel is clean as this enables Dr Owen McKay/Dr Phil Ha to clearly see the lining of the bowel. If the preparation is poor the procedure may need to be cancelled and repeated on another day.

Buy **ONE PREP KIT ORANGE** at your pharmacy or our rooms and follow these instructions.

3 days prior to your colonoscopy – Low Fibre Diet

Choose from these foods	Do not eat these foods
White bread, rice bubbles, cornflakes, plain pasta, couscous, polenta, plain crackers, milk and rice noodles	Wholemeal or wholegrain bread, rice, wholemeal pasta, porridge, muesli, quinoa and any other cereals or grain crackers
Peeled potatoes, avocado and mushrooms	Beans, nuts, lentils and other vegetables or salad
Fish, chicken, tofu and eggs	Red meat or processed meat
Plain yoghurt, plain ice-cream, white cheese, butter or custard	Yoghurt containing fruit or nuts, fruit smoothies, yellow or orange cheese
Honey, salt or pepper, dried herbs and white chocolate	All fruit that is fresh and dried
Water, tea, coffee, lemon or clear soft drinks, yellow sport drinks, clear soups, broth, consommé, white wine, lemonade icy poles	Fruit juice, dark coloured drinks, dark coloured sports drinks and red wine

**THE DAY PRIOR TO YOUR COLONOSCOPY YOU CAN ONLY HAVE A LIGHT BREAKFAST
BEFORE 8.00AM FOLLOWED BY CLEAR FLUIDS ONLY ALL DAY**

CLEAR FLUIDS – clear or strained soups, broth, water, lemon or clear soft drinks, herbal teas, black coffee, iced teas and yellow jelly

6PM	Mix 1 sachet of PICOPREP in a glass of water and drink it
8PM	Mix 1 sachet of GLYCOPREP ORANGE in one litre of water and drink a glass every 30 minutes over a 2 hour period
Until bedtime	Continue having clear fluids only

THE DAY OF YOUR COLONOSCOPY

Take your regular medications with a sip of water (do not take diabetic medications)

3 hours prior to your admission time	Mix one sachet of PICOPREP in a glass of water and drink it
2 hours prior to your admission time	FAST – nothing more by mouth including fluid

HELPFUL HINTS – Please call the rooms on 1300 000 180 if you need assistance

Make up the litre of Glycoprep ahead of time and refrigerate

Drink the bowel prep drink through a straw

Avoid dehydration – drink adequate fluids the day prior to commencing your prep