

The detection rate at Colonoscopy is *strongly* dependent on the quality of your bowel preparation. Please follow the instructions below to ensure an effective bowel prep is achieved. **Without an adequate bowel preparation the doctor may not be able to proceed with the procedure and you may have to reschedule.**

Even if you have had colonoscopies previously, please read instructions thoroughly at least 1 week **before commencing prep**

Prep Kit C – Preparation instructions

Procedure Date: _____ Arrival Time: _____ *Approx.* Procedure Time: _____
(Please note: occasionally we do need to change this arrival time)

3 DAYS PRIOR TO YOUR PROCEDURE on commence low fibre diet (see attached) and cease any medications *mentioned on the attached diet sheet.*

THE DAY BEFORE YOUR PROCEDURE on

Consume clear fluids only until after your procedure. (i.e. No solid foods to be consumed) (e.g. water, clear lemon cordial, apple juice, black tea and coffee without milk, strained chicken/beef/vegetable broth, lemon jelly, lemonade ice-blocks, barley sugar, etc.) *If your procedure is later in the day this may only be from Midday – see next page for more information.*

IT IS ESSENTIAL YOU CONSUME ADEQUATE CLEAR FLUIDS INCLUDING WATER AND SUGARY/SALTY DRINKS TO ENSURE YOU REMAIN HYDRATED. IF YOU DO DEVELOP A HEADACHE YOU SHOULD TAKE PARACETEMOL AS SOON AS YOU FEEL THE HEADACHE STARTING.

YOU SHOULD CONTINUE WITH THESE CLEAR FLUIDS THROUGHOUT THE REMAINDER OF YOUR PREP UNTIL YOU ARE TO BE 'NIL BY MOUTH'.

IT IS IMPORTANT THAT YOU CONSUME ADEQUATE CLEAR FLUIDS TO ENSURE AN EFFECTIVE PREPARATION.

How to mix up and drink your prep kit: *(See next page for timings specific to your procedure time)*

Picoprep Add the entire contents of one sachet of Picoprep into approx. 250mL of warm water (not boiling). Stir until the powder dissolves. The mixture will be effervescent (fizz and bubble). Follow with a minimum 1 litre of water. Frequent bowel movements, often with some cramping will start. The time of this will vary for each person and may not occur until the second sachet is started.
You can drink the mixture warm OR put in the fridge and drink cold (can be refrigerated up to 24 hours).
Continue drinking clear fluids. (In addition to water you are encouraged to also include other fluids from the list above)

Glycoprep The Glycoprep solution can be made by adding one litre of water (room temperature) to the contents of the sachet. Drink one glass of the mixture every 5-10 minutes, over a 1 hour period. By drinking the fluid at this rate the preparation is more effective. If you need to take a bit longer (due to bloating/nausea/etc.) then please do so.

Tip: Drink the mix through a straw. Also, make sure the mixture is kept cold in the fridge (can be refrigerated up to 24 hours).

Continue to drink clear fluids as explained above

Picoprep Take the second sachet of Picoprep in the same way as the first.
Continue to drink clear fluid until necessary to fast.

NOTHING IS TO BE TAKEN ORALLY (i.e. NIL BY MOUTH) FOR 4 HOURS BEFORE YOUR APPOINTMENT TIME.

Tip: If you feel **nauseated or bloated**, stop taking the prep for approx. 15-30 minutes and try walking around (try having a hot drink). If you vomit please see contact list over the page for who to contact.

Your bowel motion should have the **appearance of urine, and be free of any particles.** *If you think your motion is 'dirty', or if you are unsure, please see contact list over page for who to contact.*

Once you know the time of your procedure – follow the appropriate instructions below.
Please note that it is not vital that you adhere strictly to these times. These are a guide only.

◇ **IF YOUR APPOINTMENT IS BEFORE 9AM**

THE DAY BEFORE YOUR PROCEDURE

Consume clear fluid ONLY all day (see previous page)

5:00PM: Picoprep sachet 1 (see previous page)

7:00PM: Glycoprep

9:00PM: Picoprep sachet 2 You will then be nil by mouth from _____

◇ **IF YOUR APPOINTMENT IS AFTER 9AM AND BEFORE 1 PM**

THE DAY BEFORE YOUR PROCEDURE

Consume clear fluid ONLY from MIDDAY (see previous page)

5:00PM: Picoprep sachet 1 (see previous page)

7:00PM: Glycoprep

THE MORNING OF YOUR PROCEDURE:

6:00AM: Picoprep sachet 2 You will then be nil by mouth from _____

N.B. – this last sachet may need to be taken slightly earlier depending on what time your appointment is as you must be nil by mouth for 4 hours prior to your procedure. DDQ staff will give further instructions on this.

◇ **IF YOUR APPOINTMENT IS AFTER 1 PM**

THE DAY BEFORE YOUR PROCEDURE

Consume clear fluid ONLY from MIDDAY (see previous page)

THE MORNING OF YOUR PROCEDURE:

6:00AM: Picoprep sachet 1 (see previous page)

7:00AM: Glycoprep

9:00AM: Picoprep sachet 2 You will then be nil by mouth from _____

Contact numbers if you have any issues whilst doing the prep:

- During office hours (9am-4pm Mon-Thurs, 9am-2pm Fri) please call our rooms: 07 3256 5800
- Between 7am-9am the morning of your procedure, you can call the hospital you are attending (see below)
- All other times, please call our after-hours number: 07 3261 9570

St Vincent’s Northside Endo Unit: 3326 3346 --- North West switchboard: 3246 3133
Chermside Day Hospital: 3120 3444 -- St Andrew’s switchboard: 3834 4444 -- Moreton Day Hospital 3487 1111

LOW FIBRE DIET

SUMMARY: A low fibre diet aims to reduce the intake of dietary fibre. Dietary fibre is indigestible carbohydrate (i.e. will remain in the intestine) found in cereals, fruit, vegetables, beans, lentils and nuts. Careful selection of foods can reduce the amounts of dietary fibre entering the large intestine.

Avoid anything with nuts/seeds and most fruit and vegetables. (see below for further information).

MEDICATION

7 days prior: You should cease taking supplements such as Iron tablets, Fish Oil, Ginko, Ginseng, Chamomile tablets, Evening Primrose, Fenugreek, Valerian or fibre supplements (e.g. Metamucil, Normafibre, Psyllium Husks & Normacol) and drugs to stop diarrhoea.

It is preferable that you do not take NSAIDs (e.g. Voltaren, Nurofen, Mobic) for 7 days prior. *If you are on these medications, you should discuss the matter with your doctor or the nurse.*

You should also inform your doctor/the nurse if you are taking blood thinning tablets (Warfarin, Plavix, Asasantin) or have any heart valve disease or an implanted pacemaker.

You are able to take Paracetamol if required.

Continue taking all other medication unless otherwise instructed.

- It is highly recommended that you take laxatives (eg. Movicol, Coloxyl) for **5 days prior** to the procedure and particularly whilst on the low fibre diet. See next page.

Low Fibre Diet – commence 3 days prior to procedure

	FOODS TO CHOOSE	FOODS TO AVOID
BREADS & CEREALS	White bread or toast Rice Bubbles, Cornflakes White flour, rice, pasta Cornflour, custard powder Plain cakes, biscuits and scones (prepared with white flour).	Wholegrain, bran & wheat based cereals, porridge, muesli Wholemeal flour, brown rice, high fibre pasta Cakes, biscuits, scones prepared with wholemeal flour, coconut, dried fruit, nuts or bran Wholemeal, multigrain or rye bread
FRUIT, VEGETABLES & SALADS	Potatoes and pumpkin without skins, cauliflower tips (without stalks) Strained fruit juices + canned fruit juices, bananas	All Fresh & Frozen vegetables (other than those mentioned in 'Foods to Choose') - eg. cabbage, onion, corn, tomato, avocado, etc. All dried and fresh fruits, prunes, dates, etc.
MEAT & MEAT ALTERNATIVES	All lean meat, fish, poultry and eggs	Casseroles or dishes containing vegies (other than Potato and pumpkin) Stir-fry meals, pizza, pasties, etc. Baked beans, lentils, etc.
MILK & MILK PRODUCTS	All milks (including coconut & almond milk), custards, plain yoghurts (i.e. no fruit/nut pieces), cheese, ice-cream	Fruit yoghurt Ice-cream containing fruit or nuts
FATS	Butter/margarine, oil, mayonnaise, plain chocolate (i.e. with no fruit or nuts)	Nuts
SPREADS	Vegemite, honey, <u>clear</u> jelly or jams, cheese spread, fish and meat paste	Jams & marmalade with skin, seeds or peels. Peanut butter
SOUPS	Strained broths Clear soups, beef tea, soup cubes	Unstrained vegetable or barley soups. Pea, minestrone, onion, tomato soup etc.
BEVERAGES	Water, soda water, tea, coffee, soft drinks, cordial, Milo. Protein shakes.	Red wine (other alcohol is allowed while following this diet but in moderation please)

Reminder to purchase before commencing prep

- Low fibre foods
- Clear fluids

- Protective barrier cream such as Vaseline or Lanoline
If you have haemorrhoids continue to use your haemorrhoid cream (eg. Rectinol/Proctosedyl/etc.)

- Movical **or** Dulcolax **or** Coloxyl (NOT with Senna)

It is *highly* recommended you take laxatives such as these for the **5 days** prior to the procedure (particularly whilst on the low fibre diet). They can be purchased from your local pharmacy.



Note: contains gluten