AFTERNOON COLONOSCOPY PREPARATION

It is important that your bowel is completely clear prior to undergoing a colonoscopy. At the completion of your bowel preparation you should be passing clear-yellow diarrhea. A small abnormality may not be detected if your bowel is not completely clear.

1 WEEK BEFORE YOUR PROCEDURE

Please purchase 3 Biscodyl® tablets (Bisalax® or Dulcolax®) and 3 sachets of Picoprep® or Picosalax® from the pharmacist (a prescription is not required).

4 DAYS BEFORE YOUR BOWEL PREPARATION YOU MUST START A LOW FIBRE DIET

NO fibre supplements (Metamucil®, psyllium husks or Benefibre®).

NO wholegrain, multigrain or seeded breads, cereals or bars.

NO high fibre fruit. For eg. passionfruit, strawberries, grapes, kiwi fruits, apple, pear.

NO high fibre vegetables. For eg. tomato, celery, carrot or corn.

THE DAY BEFORE YOUR PROCEDURE Drink a variety of clear fluids all day, aim for 250ml - 500ml per day.

Water / Soda water / mineral water / black tea or Bonox® / lemonade / giner ale / apple juice / lemon cordial / sports drinks such as Gatorade® or Powerade® (not red or yellow) / yellow or orange jelly / beef or chicken consomme

7:00 AM DAY BEFORE

12:00PM DAY BEFOR

2:00PM DAY BEFORE

5:00PM DAY BEFORE

Have a light breakfast and lunch (eg rice bubbles, cornflake, white toast and honey, chicken, rice) NO SOLID FOODS AFTER THIS TIME Take 3 Biscodyl Tablets.

Make your bowel preparation. Dissolve 3 sachets of picoprep or picosalax in 750ml of warm water and place in the fridge to chill.

Drink 250ml of bowel preparation followed by 4 glasses of clear fluid.

7:00 PM NIGHT BEFORE

7:00^{AM} THE DAY

10:00^{AM} THE DAY

NOTE

Drink 250ml of bowel preparation followed by 4 glasses of clear fluid.

Drink 250ml of bowel preparation followed by 4 glasses of clear fluid.

You can continue to drink clear fluids until 10AM, after this time you may not take anything further by mouth.

DO NOT eat or drink after 10AM.

NAUSEA?

If you develop nausea continue to slowly sips at clear fluids and delay your next bowel preparation for 1 to 2 hours.

In cases of severe nausea, vomiting or other concerns, please contact Dr Smith between 8AM and 4PM on 08 6381 0343. After hours please contact your admitting hospital. South Perth Hospital 08 9368 2333 or SJOG Mt Lawley 9370 9388.

WHAT SHOULD I BRING?

- 1. All relevant x-rays.
- 2. Your medicare card.
- 3. Your membership card if you have private health insurance or DVA card.

Do not bring or wear jewellery when coming for a procedure

For your convenience when coming for a procedure, please wear loose fitting 2 piece clothing.

Perth Kings Park South-Perth Hospital Swan River

Moriey Drive

Moriey Drive

Moriey Drive

SOUTH PERTH HOSPITAL ENDOSCOPY UNIT

76 South Terrace South Perth WA 6152 Ph: 08 9367 2333 ST JOHN OF GOD MT LAWLEY (formerly MERCY HOSPITAL) ENDOSCOPY UNIT Thirlmere Road

Mt Lawley WA 6050 Ph: 08 9370 9388