

# MORNING 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®).

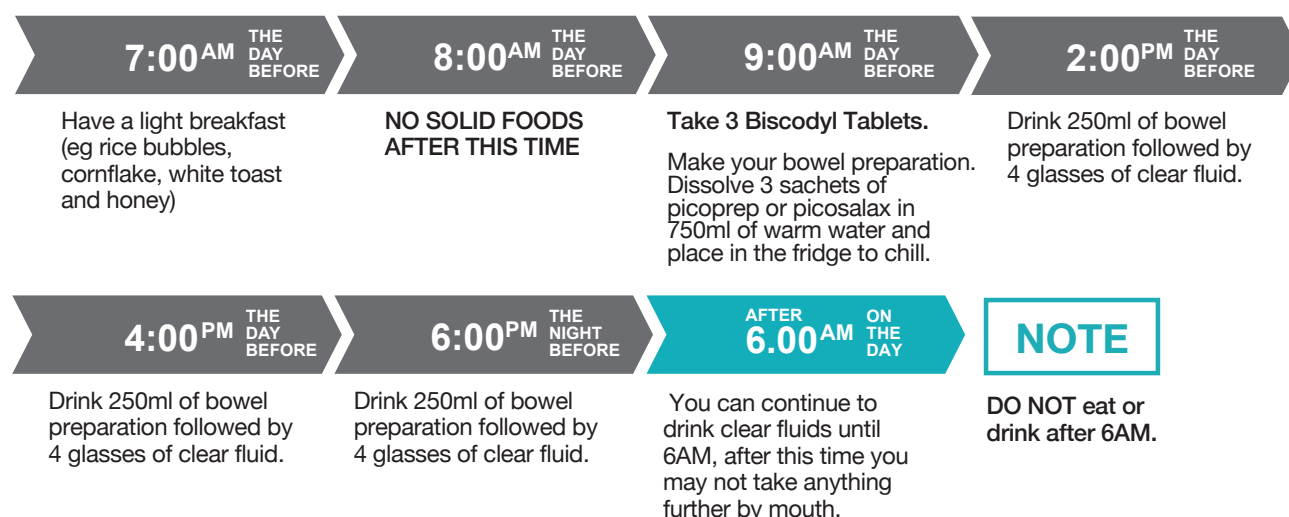
**NO** wholegrain, multigrain or seeded breads, cereals or bars.

**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 / ginger ale / apple juice / lemon cordial / sports drinks such as Gatorade® or Powerade® (not red or yellow) / yellow or orange jelly / beef or chicken consomme



## NAUSEA?

If you develop nausea continue to slowly sip 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.

**SOUTH PERTH HOSPITAL  
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