



Colonoscopy Preparation

ARRANGING TIME OFF

Ensure you have the time and privacy needed to complete the bowel preparation with as little stress as possible – it is best to be at home when taking the preparation.

ORGANISING TRANSPORT

You will not be allowed to leave the colonoscopy facility or drive yourself home following the procedure if you have had sedation. You will not be allowed to take public transport, Uber, or a taxi home by yourself. It may be an inconvenience, but for your own safety it is required that a friend or family member is there with you when you are discharged. Someone will also need to look after you for 12 hours after the procedure.

7 DAYS BEFORE YOUR COLONOSCOPY

Stop taking any iron tablets or Fish Oil/Omega 3/Krill Oil/St John's Wort supplements

Speak to your specialist if you take:

- ▶ Blood thinning medications including Warfarin, Rivaroxaban (Xarelto), Dabigatran (Pradaxa), Apixaban (Eliquis)
- ▶ Anti-platelet medications including Clopidogrel (Plavix), Prasugrel (Effient), Ticagrelor (Brilinta) (in most cases Aspirin can be continued but be sure to check with your specialist)
- ▶ Diabetic medications (especially SGLT2i inhibitors e.g. Jardiance/Jardimet, Forxiga & Steglatro as they need to be stopped a few days prior to your procedure)

3 DAYS BEFORE YOUR COLONOSCOPY

START LOW FIBRE DIET

- ▶ Stop eating wholegrain/multigrain foods, seeds, grains, all peels/skins of vegetables.
- ▶ Start a low residue/low fibre diet – if you take prunes/pears/Benefibre/Metamucil/Normafibe you will need to stop these are well.
- ▶ **The following foods are acceptable:**
 - ▶ White bread/toast, rice bubbles/Corn Flakes/plain Special K with milk, white rice, white pasta, rice noodles, rice crackers, cakes/biscuits made with white flour, sugar, eggs
 - ▶ Low fat meat, fish, chicken, root vegetables (all peeled and well cooked; seasoning is also acceptable in small amounts)
 - ▶ White cheeses, white coloured yoghurt (no added fruit), mayonnaise, cream, sour cream, butter/margarine, cooking oil, vanilla ice cream, white chocolate, lemonade Icy-Poles, clear jelly (not red/blue), custard
 - ▶ Minimise alcohol intake

DO NOT EAT ANYTHING OUTSIDE THIS LIST.



DAY BEFORE YOUR COLONOSCOPY

MORNING PROCEDURE - ARRIVAL TIME BEFORE 11.30AM

You may have a light breakfast consisting of the foods from the low residue/low fibre diet – make sure you have finished eating your breakfast by 730am.

- ▶ After breakfast, you may have clear fluids only – no more food until after your procedure. No red/purple/blue fluids are permitted.
- ▶ Clear fluids include:
 - ▶ Water
 - ▶ Clear broth (chicken noodle soup/2-minute noodles with noodles strained etc.)
 - ▶ Apple juice
 - ▶ Lemon/orange/lime cordials/soft drinks
 - ▶ Coffee or tea (black/herbal/green etc.) without milk
 - ▶ Gatorade/Powerade or other sports drinks
 - ▶ Hydrolyte/Gastrolyte electrolyte replacement drinks
 - ▶ Plain jelly without added fruits or toppings
- ▶ **AT 7:30AM TAKE 2 DULCOLAX TABLETS**

SPLIT DOSING

- ▶ You will take most of the prep the night before the procedure and the rest about 4 to 6 hours before the procedure.
- ▶ Doing so will help clean the bowel more thoroughly compared to taking all the preparation the day before the procedure.

AFTERNOON PROCEDURE - ARRIVAL TIME AFTER 11.30AM

You may have a light lunch consisting of the foods from the low residue/low fibre diet – make sure you have finished eating your lunch by 12pm.

- ▶ After lunch, you may have clear fluids only – no more food until after your procedure.
- ▶ No red/purple/blue fluids are permitted.
- ▶ Clear fluids include:
 - ▶ Water
 - ▶ Clear broth (chicken noodle soup/2-minute noodles with noodles strained etc.)
 - ▶ Apple juice
 - ▶ Coffee or tea (black/herbal/green etc.) without milk
 - ▶ Gatorade/Powerade or other sports drinks
 - ▶ Hydrolyte/Gastrolyte electrolyte replacement drinks
 - ▶ Plain jelly without added fruits or toppings
- ▶
- ▶ **AT 7:30AM TAKE 2 DULCOLAX TABLETS**

SPLIT DOSING

- ▶ You will take most of the prep the night before the procedure and the rest about 4 to 6 hours before the procedure.
- ▶ Doing so will help clean the bowel more thoroughly compared to taking all the preparation the day before the procedure.



Bowel Preparation

- ✓ PLENVU – 1 LITRE
- ✓ GLYCOPREP 2 LITRES 2 x 70G PACKETS OF GLYCOPREP

THE DAY BEFORE

- ▶ **3pm** – Drink 1L Glycoprep over 1 ó hours (approximately 1 glass every 20 minutes). If you feel nauseated, slow down and drink it in small sips.
- ▶ **6pm** – Drink 1L Glycoprep over 1 ó hours (approximately 1 glass every 20 minutes).
- ▶ **9 pm** - Drink Dose 1 of PLENVU (mango flavour):
 - ▶ Mix the dose 1 sachet with 500 mL water and stir for a few minutes until all dissolved. Drink Dose 1 over 30 minutes.
 - ▶ Follow with at least 500 mL (two large glasses) of clear fluids over the next 30 minutes.
 - ▶ Continue to drink clear fluids

ON THE DAY OF PROCEDURE

- ▶ **4 hours before your arrival time** - Drink Dose 2 of PLENVU (fruit punch flavour):
 - ▶ Mix the dose 2 sachet A + dose 2 sachet B with 500ml water and stir a few minutes until all dissolved.
 - ▶ Drink Dose 2 over 30 minutes.
 - ▶ Follow with at least 500ml (two large glasses) of clear fluids over the next 30 minutes.

STOP DRINK ALL FLUIDS 2 HOURS BEFORE YOUR APPOINTMENT TIME.

NIL BY MOUTH (this means nothing to eat or drink –no water, chewing gum etc.)

If you experience any issues while taking the bowel preparation – severe vomiting, abdominal pain or are feeling very unwell – please contact your specialist. If you are unable to contact your specialist, please present to your nearest emergency department. Alternatively, please contact the endoscopy unit at the relevant hospital - Springwood Day Surgery 07 2802 4499 or Mater Private Redland 07 3163 7444