

COLONOSCOPY PREPARATION INSTRUCTIONS – PREP KIT C

WESTMEAD AND AUBURN HOSPITALS

Please read this document carefully. The quality of the bowel preparation directly affects the accuracy of your test. It is absolutely critical that the bowel is well prepared to achieve a good quality examination.

5 DAYS BEFORE EXAMINATION - Begin a low residue diet (low fibre, white bread, white rice) until the procedure is performed. Avoid all seeds, nuts and grains. Avoid high fibre, poorly digestible vegetables such as spinach, broccoli, tomato, cabbage, etc. Drink plenty of fluid. For these 5 days you should be moving your bowels at least once a day, if not consider using 2 Senokot daily, particularly if you usually tend to constipation. Stop iron tablets if you are taking them.

THREE DAYS BEFORE EXAMINATION: Take 2 Senokot tablets after breakfast

TWO DAYS BEFORE EXAMINATION: Take 2 Senokot tablets after breakfast

DAY BEFORE EXAMINATION – Between 7.00-8.00 am have a light breakfast (white toast – as much as you like) and milk or juice. After breakfast take 2 Senokot tablets. **Do not eat any food after this until your procedure has been completed** (unless exceptional circumstances exist, see below).

Drink clear fluids only* for lunch and dinner. At **2.00 pm** mix one sachet of **PicoPrep (15.5 grams)** in a glass of warm water (chill if desired) and drink straight down. This must be followed by 3 glasses of water or clear fruit juice (as listed below).

At **7.00 pm** mix the **Glycoprep C (70grams)** in one litre of water and drink over one hour.

Between **2.00-9.00 pm** drink plenty of clear fluids, at least 1½ litres. You may continue to drink clear fluids until 4 hours prior to the admission time on the morning of your procedure.

DAY OF EXAMINATION –

At _____ (4½ hours prior to your admission time) you need to drink the last sachet of **PicoPrep (15.5grams)**. Again, this needs to be mixed with a glass of warm water and drunk straight down, followed by 3 more glasses of water or clear fruit juice. All clear fluids, including water, must be ceased 4 hours prior to your admission time and then you are to have nothing further to drink until after your procedure has been completed.

Before your procedure your bowel motions should be of a clear liquid nature. If not, please advise the nurse at the time of your admission.

***Clear fluids include:** Water, clear fruit juice (apple, blackcurrant, pear, grape, cranberry or strained orange juice), plain jelly (any flavour, but no cream, ice cream or fruit pieces), broth, clear chicken soup, as much as you like, (Cup-A-Soup – strain all noodles and particles drinking only clear fluid), black tea or coffee (no milk), Bonox, Lucozade (no fizzy soft drinks) and barley sugar lollies.

Medication

1. Aspirin has not been shown to increase the risk of post polypectomy bleeding, so if necessary it can be continued. It should be continued if you have previously had a heart attack, stroke, blood clot or coronary stent.
2. NSAID arthritis tablets (eg. Voltaren, Indocid, Naprosyn) should generally be ceased for 7 days prior to the procedure.
3. Warfarin, Plavix and Iscover may be stopped depending on the reason they are being used. If you have a covered coronary stent or are at high risk for blood clot, stroke or heart attack, Warfarin, Plavix and Iscover generally cannot be stopped. This should be discussed with your gastroenterologist. It may require discussion with your cardiologist.
4. Diabetic medication will need to be adjusted.
5. All other medication should generally be taken as normal throughout the preparation, **unless** advised to discontinue by the doctor. If medication is necessary on the morning of the procedure, (eg. tablets for high blood pressure or the heart), please take it early with only a small sip of water.

Westmead Hospital will be in touch with you to confirm the date and time of your admission at least one week prior.

You will be at the Hospital for around 4-5 hours. Please be aware that unscheduled emergencies may delay your procedure time. We apologise in advance for any inconvenience caused. Please bring a book to read or something to do whilst waiting, and relax.

Please arrange for someone to collect and drive you home following your procedure. **You cannot drive home.** You will be able to resume normal activities the following day.

Please direct any enquiries to **City West Gastroenterology (Dr Bourke, Dr Williams or Dr Lee)** on (02) 9633-5953. Westmead Endoscopy Unit – Tel: 9845-6700

AVOID	ALLOWED
Wholegrain bread, fibre enriched white bread, wholemeal (brown) rice or pasta, corn meal, cereals, muesli, muesli bars, oats (porridge)	Plain white bread/Panini, English muffins, white toast/French toast, Cornflakes, Rice Bubbles, white flour, white pasta, white rice
Casseroles or dishes containing vegetables	Lean beef, pork, lamb, veal, fish, poultry, eggs, sausages, bacon, meat, curries (no onion), Plain meat/steak and bacon pies, tofu, meat substitutes
Strawberries, passionfruit, citrus fruit, grapes, tomato, capsicum, peas, corn, onions Legumes, such as baked beans or kidney beans, lentils, barley, split peas All fruit and vegetables skins and seeds	Clear strained fruit juice (clear apple, clear pear) Strained vegetable juice (V8) Skin free pumpkin and potato (mashed, steamed, baked) potato salad – with mayonnaise, egg, ham
Coconut, dried fruit, nuts, sultanas, raisins, seeds eg linseed, sesame, sunflower, poppy Fruit yoghurt, Jevity, Sustagen Hospital with fibre, Nutrison Multi Fibre	All milks, plain yoghurt, cheese, white sauces, sour cream, butter, margarine, oil, mayonnaise, plain ice cream, meringue, custard
Jams and marmalades with skins, seeds or peel, peanut butter, mustard, most relishes	Vegetemite, honey, lemon butter, cheese spread, fish and meat paste
AVOID ALL FIBRE SUPPLEMENTS SUCH AS: Metamucil, Normafibre, Normacol Plus, Nucolox, Psyllium, Benfiber, Fybogel	Strained broths, clear soups, beef tea, soup cubes Water include at least 6-8 glasses per day, Soda water tea, coffee, Bonox, Bovril, cordial, Milo, Aktavite, Sustagen, Ensure, Digestilact

Suggested “Low Residue” Menu Plan only – This menu plan is a suggestion only and is not intended for long term use, as it contains fewer vegetables and fruits than is normally recommended.

BREAKFAST	LUNCH/DINNER	SNACKS
Juice – apple, cranberry, pear, white grape Yoghurt (no fruit or nut topping) Small bowl Cornflakes or Rice Bubble 2 eggs poached, boiled or scrambled Bacon, sausage Hash browns 1 slice white toast French toast/cinnamon sugar Plain mince, vegemite, honey Croissants – plain or ham & cheese Muffin – no fruit or nuts Crumpets & honey Pancakes with syrup Chocolate brioche Tea Coffee Water	Clear soups, broths, chicken noodle soup Fish, steak, chops, ham, chicken, turkey Potato or pumpkin (skinless), baked, steamed, mashed, potato salad Pasta carbonara or macaroni cheese (no tomato paste or bottled sauces) Sandwiches – white bread/roll, Panini: chicken, ham (no mustard), tuna, turkey, pastrami, corned beef, cheese, egg Baked rice custard: chocolate mousse Plain ice-cream Water Soft drink Tea Coffee	Cheese & crackers Rice cakes, protein bars (no nuts) Ham quiche Parmesan cheese sticks Wedges with sour cream Cake based on white flour Chocolate biscuits – no nuts Cheesecake – no wholemeal crust Scones with honey Pikelets with lemon & sugar or honey Waffles with syrup Vanilla slice: Doughnut Custard Danish or custard tart Meringue kisses Milkshakes, egg flips, protein shake Clear sports drinks, tea, iced tea Coffee, hot chocolate Plain/chocolate Sustagen Ensure, Digestilact Water