

# COLONOSCOPY

## Bowel Preparation

For your colonoscopy you will be required to undergo a bowel preparation regime. The aim of this is to clear out the bowel so that the colon is clear of any material to best allow inspection of the lining of the colon.

### **2 days prior to procedure:**

- **Commence a low fibre, white diet:**
  - STOP eating fruit, vegetables, wholegrain bread, high fibre cereal and anything with seeds or nuts. Avoid fibre supplements such as Metamucil or Normacol.
  - You MAY eat; rice bubbles, white bread, butter/margarine, poached chicken, steamed fish, eggs, cottage cheese, white rice, white coloured yoghurt, plain rice crackers.
- Drink lots of fluids (especially water).

### **1 day prior:**

- CLEAR FLUID DIET ONLY; Fruit juices (apple, pear, grape), plain jelly, black tea or coffee (no milk), clear soup (broths), lemonade, Hydralyte.
- You should NOT have anything solid to eat this day.
- AVOID milk or cloudy drinks.

### MORNING COLONOSCOPY – Bowel Regime

<b>MORNING Colonoscopy</b>	
<b>2 Days Prior (all day)</b>	Low residue/Low fibre diet
<b>1 Day Prior (all day)</b>	Clear fluid intake only all day
<b>1 Day Prior (evening prep)</b>	PICO prep (1 sachet) 4pm PICO prep (1 sachet) 6pm PICO prep (1 sachet) 8pm
<b>Then FAST from midnight 24:00</b>	

### AFTERNOON COLONOSCOPY – Bowel Regime

<b>AFTERNOON Colonoscopy</b>	
<b>2 Days Prior (all day)</b>	Low residue/Low fibre diet
<b>1 Day Prior (all day)</b>	Clear fluid intake only all day
<b>1 Day Prior (evening prep)</b>	PICO prep (1 sachet) 6pm PICO prep (1 sachet) 8pm
<b>Morning of Procedure</b>	PICO prep (1 sachet) at 6am
<b>Then FAST from 6am the Morning of the Procedure</b>	

- PICO Prep can be purchased at your local pharmacy without a prescription.