



Bowel Preparation for Colonoscopy

The colon must be completely clean for the procedure to be accurate and complete, so be sure to follow your instructions carefully otherwise you may need to have the test again.

7 days before your colonoscopy:

- Cease any iron tablets. All other essential medications should be taken throughout the preparation period unless otherwise instructed by your specialist.
- If you take any medications that affect your blood clotting such as Aspirin, Warfarin, Rivaroxaban, etc., you may have to adjust or cease the medication a week prior.

3 days before your colonoscopy: **LOW FIBRE ONLY**

- **Food you can have:** Cornflakes/rice bubbles only, white bread, white rice, white pasta, well-cooked peeled potatoes or pumpkin, plain biscuits, strained fruit juice, skin-less chicken, grilled/steamed fish, milk/cream, sugar, honey, vegemite
- **Food not allowed:** Cereals, brown/wholemeal bread, brown rice, fruit, vegetables, red meat, fried eggs, cheese, oils, jams, condiments, chocolate, nuts, seeds, corn, or popcorn.
- If your bowels have not opened on that day take a mild laxative that evening e.g. Movicol.

The day before your colonoscopy: Please try to drink as much fluid as you can comfortably handle.

You can have a light breakfast. After that, stop eating all solid foods and start your **CLEAR FLUIDS diet** – that is no milk and only fluids containing no solid food particles. **Clear fluids** may include strained fruit juices, Gatorade or Powerade, soft drinks, cordial, black tea or coffee, clear broth, and jellies.

Bowe preparation

The bowel cleansing agent is called **PICOPREP (3 sachet pack)**, available over the counter at your local pharmacy. Stir and dissolve each Picoprep sachet in 250ml glasses of warm water. Prepare in advance and chill, and/or add lemon juice to improve taste.

Drink the Picoprep slowly as shown. Also drink at least 2 glasses of clear fluids or water in between each Picoprep to prevent dehydration. Expect diarrhea within a few hours.



If your colonoscopy is before midday: take all 3 sachets the day before.	If your colonoscopy is after midday: take 2 sachets the day before
PICOPREP: 3pm	PICOPREP: 6pm
PICOPREP: 6pm	PICOPREP: 9pm
PICOPREP: 9pm	Then one on test day
Fasting from Midnight	PICOPREP: 6am
	Fasting from 7am