



Colonoscopy Preparation

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.

One week prior to the colonoscopy:

Cease any iron tablets. All other essential medications should be taken throughout the preparation period unless otherwise instructed by your specialist. Maintain a normal diet but **please avoid** eating any foods containing large amounts of seeds e.g. grapes, passionfruit, wholegrain bread etc.

Two days prior to the 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, food with seeds.
- ✓ If your bowels have not opened on that day take a mild laxative that evening e.g. Movicol.

One day prior to the colonoscopy:

From the time of waking you may have **CLEAR FLUIDS ONLY** – that is no milk and only fluids containing no solid food particles. **Clear fluids** may include fruit juice, soft drinks, cordial, black tea or coffee, bonox, strained soups and jellies. Please try to drink as much fluid as you can comfortably handle.

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 three 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