

Colonoscopy Bowel Preparation



Afternoon (PM) Procedure

You will need to buy from your pharmacy: **2 sachets of PicoPrep (15.5g each) or Picosalax (16.1g each) AND 1 sachet of Colonlytely (70g)**. Please disregard the instructions on the packets and follow this sheet instead.

Flushing the bowel clean of faeces is very important to ensure your doctor can see the inside of your colon clearly. If your colon is not clean, the procedure may have to be stopped or repeated. Please adhere to these instructions.

7 Days Before Stop anti-diarrhoeal and iron tablets
2 Days Before Low fibre diet (see Page 2)
1 Day Before Breakfast and Lunch: Low fibre diet. Make up Colonlytely in 1L of water and place in the fridge. 1pm: Clear fluids only from now 5pm: Add 1 sachet of PicoPrep to 250ml of water and drink. Continue to drink clear fluids. 7pm: Drink 1L Colonlytely. Continue to drink clear fluids.
Day of Colonoscopy 8am: Add 1 sachet of PicoPrep to 250ml of water and drink 9am: You are now fasting (you may have your morning medications with a sip of water; no diabetic tablets). No food, chewing gum, lollies or drinks.

If you have any questions, please go to:

<https://monashhealth.org/services/gastroenterology/patients/endoscopy/> or call the Endoscopy Bookings Office on **1800 786 188**.

	Low Fibre Diet, includes: - white bread, white rice, pasta, noodles - eggs (not fried), cheese - well-cooked vegetables (<u>no skin</u>) - chicken, fish - cereal - biscuits No grains, seeds, nuts, red meat, fruit, wholemeal bread/cereal, corn, peas, celery, carrots
	Clear fluids, includes: - water - cordial - coffee or tea (<u>no milk</u>) - clear fruit juice (<u>no pulp</u>) - soft drink - clear broth No red or purple liquids, milk
	Tips: - drink clear fluids as much as possible to prevent dehydration (aim to drink 3-6 glasses of water whilst taking the prep) - bowel prep will cause diarrhoea. Stay near a toilet. - finish all the prep!