

Colonoscopy Bowel Preparation - Extra Preparation

Afternoon (PM) Procedure

You will need to buy from your pharmacy: **4 sachets of Colonlytely (70g each) and 8 sachets of Movicol**. Please disregard the instructions on the packets and follow this information 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 follow these instructions.

7 Days Before	Stop anti-diarrhoeal and iron tablets
5 Days Before	Drink 1 sachet of Movicol, morning and night (this will finish the day before your bowel preparation).
3 Day Before	Low fibre diet (see Page 2)
1 Day Before	8am: Clear fluids only Make up each packet of Colonlytely in 1L of water and place in the fridge. 5pm: Drink 1L Colonlytely. Continue to drink clear fluids only 6pm: Drink 1L Colonlytely. Continue to drink clear fluids only 7pm: Drink 1L Colonlytely. Continue to drink clear fluids only
Day of Colonoscopy	6am: Drink 1L Colonoscopy 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 (no skin) • 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 (no milk) • clear fruit juice (no pulp) • soft drink • clear broth No red or purple liquids. No milk
	Tips: • drink clear fluids as much as possible to prevent dehydration • aim to drink 3-6 glasses of water whilst taking the Preparation • Bowel Preparation will cause diarrhoea. Stay near a toilet. • Finish all the Preparation!

For information



Endoscopy Bookings Office

1800 786 188



For interpreting services call **131 450**