

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 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
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 only 7pm: Drink 1L Colonlytely. Continue to drink clear fluids only
Day of Colonoscopy	6am: Add 1 sachet of PicoPrep to 250ml of water and drink 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**