

Bowel preparation for morning colonoscopy

For a colonoscopy it is very important that your bowel is thoroughly emptied so the lining can be clearly seen.

Three days before your colonoscopy

Please do not eat any foods containing pips or seeds, e.g. kiwifruit, passionfruit, sesame seeds, grapes, tomatoes, raspberry jam, wholegrain breads, muesli.

The day before your colonoscopy

1. After a small, low fibre breakfast (e.g. egg on white toast, plain yoghurt, rice bubbles, cornflakes), stop all normal food until after your procedure.
2. Drink clear liquids only and drink plenty of liquid during the day. Aim to drink about 2 litres or more over the next 24 hours.

Research has shown that patients who are undergoing a bowel preparation are at an increased risk of electrolyte depletion. Electrolyte depletion can cause some nausea, headaches, dizziness and general lethargy. In order to avoid these symptoms, we strongly recommend drinking fluids high in electrolytes (e.g. Powerade®, Lucozade®, Gatorade®, pulp free coconut water).

Do not drink any red or purple coloured fluids and no milk.

Clear liquids are any liquids you can see light through, such as:

- Clear soup, beef tea, Oxo®, chicken broth, strained chicken noodle soup, miso soup
 - Yellow or colour free jelly, clear lemonade ice blocks, barley sugars
 - Water, cordial, lime juice, apple juice, fizzy drinks (lemonade, ginger ale)
 - Sports or 'energy' drinks (Powerade®, Lucozade®, Gatorade®) Avoid brightly coloured energy drinks, such as purple and red as they can discolour your bowel.
 - Black tea (including herbal tea) and black coffee with or without sugar
 - Pulp free coconut water (H2CoCo®, C Coconut Water®, beyond®)
 - You can make your own electrolyte replacement fluid by mixing one litre of water, six teaspoons of sugar (not artificial sweetener) and half a teaspoon of salt. If you wish, you can use a little flavoured concentrate to improve the taste.
3. At **3:00 pm** mix entire contents of the first PicoSalax Sachet into 150mls of water. Then sip the mixture gradually, drinking the entire glass by **4:00 pm**. Follow this with five or more glasses clear liquids.

- The PicoSalax mixture may cause diarrhoea after anything from ½ - 8 hours and this can last for 4 hours or more. Please ensure you drink plenty of clear liquids during and after this time to prevent dehydration.
 - Use Vaseline to protect the anus from excoriation.
 - Bowel preparation will result in liquid type motions. Consideration should be given to protection of nightwear and bedding.
4. At **7.00pm** mix the second PicoSalax Sachet into a 150mls of water. Then then sip gradually, drinking the entire glass by 8:00pm. Follow this with three or more glasses of clear fluids.

You may experience some nausea taking the PicoSalax. This usually settles within an hour, and it helps to keep drinking clear fluids. Wait until the nausea settles then finish the remainder of the PicoSalax. If severe nausea or vomiting persists for more than 2 hours, please phone Intus Digestive and Colorectal Care or the nearest after-hours medical service.

A successful bowel preparation should result in watery liquid, slightly coloured, with no solids.

If you are concerned your preparation has not worked as expected please contact Intus as soon as possible.

In some instances where your bowel preparation has not worked adequately, you may be required to come in prior to your procedure for an enema.

The day of your colonoscopy

Continue to drink clear liquids until then nothing more to drink until after your procedure.

Medications

Take all your usual medications unless instructed otherwise.

If you have diabetes or epilepsy, we strongly recommend that you discuss the management of your diabetes or epilepsy with your GP or associated specialist as bowel preparation can affect the absorption of some medications.