



# The Gastrointestinal Centre

## Instructions For Bowel Preparation Before Colonoscopy APPOINTMENT BEFORE 11.00 AM

### PICOSALAX

Your bowel preparation will commence with a **LOW RESIDUE DIET** that extends over a 3 day period, on **Day 4** you will take your preparation medications with your colonoscopy being performed on **Day 5**.

#### LOW RESIDUE DIET (NO SUBSTITUTION)

- White bread/bread rolls, white muffins, crumpets, white pita bread, plain bagels
- Cornflakes, rice bubbles
- White rice, white pasta, couscous, polenta
- Bananas and paw paw
- Cooked pumpkin, potato, marrow and squash
- Boiled/steamed/grilled chicken, fish including tuna and salmon
- Eggs
- Moderate quantity of dairy products – milk in tea and coffee, milk on cereal, vanilla milkshakes & ice-cream, butter/margarine on bread or toast, plain or vanilla yoghurt, plain cottage cheese
- Fruit juice
- Honey, marmalade or seedless jam, vegemite
- Tea and coffee
- Salt, pepper and sugar

#### CLEAR FLUIDS

- Jelly (**NO RED, GREEN OR PURPLE**)
- Chicken Soup (**CLEAR STRAINED BROTH ONLY**)
- Clear Apple Juice
- Water
- Black Tea
- Clear soft drinks
- Fruit flavoured cordial (**NO RED, GREEN OR PURPLE**)
- Gatorade – clear, orange or yellow
- Lucozade
- Bonox

A high intake of clear fluid while taking the preparation will result in a clean colon

**DAY 1** Commence your Low Residue Diet from the food list above. **Follow the Low Residue Diet strictly otherwise preparation for colonoscopy may not be effective and the procedure may need to be repeated. Check over the page for instructions regarding any medication you may be taking (including iron tablets).**

**DAY 2 & DAY 3** Continue with your Low Residue Diet from the food list above.

**STOP YOUR LOW RESIDUE DIET FOLLOWING DINNER ON DAY 3.**

**DAY 4** Light breakfast-**BLACK TEA AND TOAST (with butter, margarine, honey or jam) ONLY. FOLLOWING BREAKFAST YOU REMAIN ON CLEAR FLUIDS (as per the list above)**

**3.00 PM** Dissolve the entire contents of one sachet of **PICOSALAX** in approx 150ml glass of water. Stir for 2-3 minutes. The entire contents of the glass must be consumed followed by 1.25L of clear fluids over the next 2-3 hours

**9.00 PM** Dissolve the entire contents of one sachet of **PICOSALAX** in approx 150ml glass of water. Stir for 2-3 minutes. The entire contents of the glass must be consumed followed by 750ml of clear fluids before going to sleep.

**DAY 5. PROCEDURE**

**IT IS EXTREMELY IMPORTANT THAT YOU CONTINUE CLEAR FLUIDS (FROM THE LIST ABOVE) UNTIL 3 HOURS PRIOR TO YOUR PROCEDURE THEN YOU MUST REMAIN NIL BY MOUTH – NOTHING TO EAT OR DRINK**

A normal diet may be commenced immediately following your colonoscopy.



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**Please note the following concerning any medications you may be taking:**

- If you are **DIABETIC** please contact The Gastrointestinal Centre for instructions regarding your medications.
- If you are taking **INSULIN** please contact The Gastrointestinal Centre for instructions regarding the administration of your **INSULIN**.
- If you are taking blood thinning medication contact The Gastrointestinal Centre. This includes:
  - a. Anticoagulants  
Coumadin or Marevan (Warfarin)  
Xarelto (rivaroxaban)  
Eliquis (apixaban)  
Pradaxa (dabigatran)
  - b. antiplatelet agents  
Plavix, Iscover, Coplavix (clopidogrel)  
Brilinta (ticagrelor)  
Effient (prasugrel)
  
  - Ticlid or Tilodene (ticopidine)  
Persantin (dipyridamole)
  
  - Solprin or Cartia (aspirin)
- Oral **IRON TABLETS** and **FISH OIL TABLETS** should be ceased 7 days before your procedure.
- **You should continue taking all other medications up until 6 hours before your procedure, In particular, all ANTIHYPERTENSIVE AGENTS AND CARDIAC DRUGS SHOULD BE CONTINUED.**
- These medications may be taken when “**FASTING**” on the day of the procedure with a sip of water as long as it is 6 hours before your appointment.

**IF YOU HAVE ANY CONCERNS OR QUERIES REGARDING THIS INFORMATION, PLEASE DO NOT HESITATE TO CONTACT THE GASTROINTESTINAL CENTRE ON 5564 6922.**