

Dr Nicholas Anticich

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Gastroenterologist

Dear

An appointment has been made for you to undergo a colonoscopy (internal examination of the large bowel using a flexible endoscope) on

It is absolutely essential that your large bowel is completely clean for a successful, accurate examination. To ensure this, it is necessary to change your diet two days beforehand as follows:

NB!! PLEASE STOP TAKING IRON TABLETS ONE WEEK PRIOR TO THE EXAMINATION. Iron leaves a sticky residue on the lining of the bowel which makes it impossible to detect certain lesions of the bowel.

TWO days prior to colonoscopy:

EAT only white bread (plain or toasted), fish, chicken, plain boiled potatoes (no skin), white rice, pasta, eggs. Jelly, clear soup, plain scones, crackers, wine and arrowroot biscuits are allowed. Honey or Vegemite is allowed.

DRINK water, coffee, tea, fruit juice as desired. White wine is allowed, but not red wine (the tannins leave a residue in the bowel).

PLEASE DO NOT EAT breakfast cereals, brown or whole grain breads, fruit, vegetables, cheese, red meat, butter or margarine.

ONE day prior to colonoscopy:

Between 8-9am take the two Dulcolax (Biscodyl) tablets you have been prescribed.

EAT only white bread, toast or crackers, biscuits jelly or clear soup – **nothing else**.

Barley sugars can be taken as desired anytime.

DRINK only clear fruit juice, water, tea, coffee with a small amount of milk as necessary. Make sure you drink a minimum of 2 litres (8 cups) of fluid throughout the day.

NO milky drinks, Milo, puddings or yoghurt.

At 17:00 (5pm): Mix Picoprep powder by dissolving the contents of one sachet of Picoprep in a glass of warm water. This may be mixed with a CLEAR cordial, e.g. lime. The solution may be cooled in a refrigerator if preferred until required to drink.

At 18:00 (6pm): Drink contents of glass followed by a glass of water. Drink at least three or more 250ml portions of a clear liquid before retiring. Barley sugars as desired. Do not have anything else to eat.

On the day of examination:

At 07:30 (7:30am): Mix 2 sachets of Kleen-Prep in 2 litres of cold water (1sachet per litre). Stir until powder is completely dissolved. This can be mixed with CLEAR cordial if desired. Drink one glass every 10 minutes until the preparation is fully consumed.

When you have finished drinking the 2 litres of Kleen-Prep, you may have water as you wish, up to 11am.

DO NOT HAVE ANYTHING TO EAT.

Take all medications as usual on the day of examination unless you are diabetic, or have been given other instructions.

Arrive for colonoscopy at the scheduled time. Some sedation will be given to you just prior to the examination. You should not attempt to walk or drive yourself home afterwards. You will be able to eat and drink normally after the examination, but you should not drink alcohol that day.

There is a small possibility of you needing to stay in hospital overnight so please bring toiletries and reading glasses with you as well as any medications you may be taking.

If you have any questions about your colonoscopy or difficulty taking your bowel preparation, please contact us or Manuka Street Hospital – 03 5488566.

It is most important that you drink all your bowel preparation, we may not be able to do your examination if your bowel is not completely clean.