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Colonoscopy Preparation

Some general pointers about taking bowel cleansers

You will have loose watery stools, and will need to wipe your bottom frequently – if you are prone to skin irritation it may help to apply Vaseline to the skin around your bottom. Wiping with moist baby wipes rather than paper can also help prevent irritation.

No-one enjoys bowel preparation, but if you have a methodical approach you will get through it. Klean-prep has an unappealing taste - I found it helpful to block my nose while drinking it! Others have tried flavouring with colour-free raro sachets, chilling or warming the mixture. When you take that part of your preparation your motions will be very watery. One practical solution is to take a side table into the toilet with your jugs of Klean-prep, a glass and a book, and rather than wipe each time, just have a shower afterwards.

TWO Days before your colonoscopy:

SUNDAY

Eat low residue food such as: white bread, fish/chicken, potatoes, white rice, pasta, eggs, and honey

Drink with no restriction

Avoid cereals, fruit, nuts, fibrous vegetables (e.g. corn, carrots), cheese

ONE Day before your colonoscopy:

MONDAY

Take two dulcolax (Bisacodyl) tablets at 9:00am

Eat bland foods only: such as white bread, plain pasta, plain crackers, jelly, clear soup, barley sugar sweets

Drink minimum of two litres of water over the day. Also allowed: fruit juice, tea/coffee

Avoid milk drinks, yoghurt, and ice cream

At 6:00pm: Dissolve pico-prep sachet in 250ml glass of water, and drink the entire glass. Drink four further 250ml glasses of water over the evening.

On the day of your colonoscopy:

TUESDAY

Eat nothing.

Drink water only.

At 6:30am: Take Maxolon (Metoclopramide) (anti-nausea) tablet

At 7:00am: Mix 2 Klean-prep sachets in 2 litres of cold water. Drink one glass at 10-15min intervals until mixture is finished. Water can be taken up to 2 hours prior to your admission time.

If you have questions or problems regarding your preparation, please contact Manuka Street Hospital on (03)5488566 and a staff member will assist you.