



## COLONOSCOPY PREPARATION INSTRUCTIONS ADRIAN SECKER

### ***TWO DAYS before your colonoscopy:***

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

***Drink*** with no restriction

***Avoid*** cereals, fruit, nuts, vegetables, cheese

### ***ONE DAY before your colonoscopy:***

Take two Dulcolax tablets at 9.00am

***Eat*** only white bread, plain crackers, jelly, clear soup, barley sugar sweets

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

***Avoid*** milk drinks, yoghurt, ice cream

**At 6.00pm:** dissolve Pico-prep sachet in 250ml glass of water, and drink the entire glass. Drink further four 250ml glasses of water over the evening

### ***On the day of your colonoscopy:***

***Eat*** nothing.      ***Drink*** water only

**At 6.30am:**      **take Maxolon (Metamide) (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, black tea/coffee can be taken freely afterwards.

Issue date: 16/06/2017	Authorised by: Adrian Secker
Issue No: 8      Review date: 20/01/2019	Designation: Surgeon