

Colonoscopy preparation for: <fullname1>
Your colonoscopy is scheduled for: <ApptDateFull>
Arrive at Manuka Street Hospital by: <ApptRepTime>

Some general information about taking bowel cleansers

No one enjoys bowel preparation, but if you have a methodical approach you will get through it. The mixtures will cause you to pass loose watery stools, and you 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. When you take the Klean-Prep part of your preparation your motions will be very watery. One 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 every time, have a shower when you feel the process is complete.

Klean-Prep has an unappealing taste - you may find it helpful to block your nose while drinking it. If you want to try adding flavouring such as Raro, make sure you only use colour free varieties. Bear in mind that you need to drink a lot of liquid for your preparation - it is best not to chill it as you can significantly lower your body temperature.

TWO DAYS BEFORE YOUR COLONOSCOPY: SUNDAY

Eat low residue foods such as:
white bread, fish, chicken, potatoes, pumpkin, kumara, white rice, pasta, eggs
Avoid cereals, fruits, nuts, fibrous vegetables (e.g. corn, carrots), cheese
Drink with no restriction

ONE DAY BEFORE YOUR COLONOSCOPY: MONDAY

8.00 am Take two Dulcolax (Bisacodyl) tablets
Eat bland foods only, such as: white bread, plain pasta, plain crackers, jelly, clear soup, barley sugars
Avoid milk drinks, yoghurt, ice cream
Drink a minimum of two litres of water/fruit juice/black tea/black coffee over the day
6.00 pm Dissolve PicoPrep sachet in 250ml of water, and drink the entire glass
Pico-Prep is an osmotic laxative that will extract fluid from your body –
drink four further 250 ml glasses of water or clear juice over the evening to avoid dehydration.

ON THE DAY OF YOUR COLONOSCOPY: TUESDAY

Eat nothing.
Drink clear fluids only.
9.00 am Take Maxolon (Metoclopramide) tablet, this is to prevent nausea
*If you have morning medications such as blood pressure pills, you should take them at this point also **but** tablets for diabetes (e.g. metformin, gliclazide, glipizide) should **not** be taken on the day of your colonoscopy*
9.30 am Mix 2 Klean-Prep sachets in 2 litres cold water. Drink one glass at 10-15 minute intervals until finished.
Water, black tea or black coffee can be taken freely afterwards **until 1 hour before your arrival time.**

*If you have any questions or problems regarding your preparation, please contact Manuka Street Hospital on (03) 5488566 and a staff member will assist you. **You will need a driver to take you home on the day.***