

Colonoscopy Bowel Preparation instructions – AFTERNOON procedure

The success of your examination depends on the bowel being as clean as possible. If the preparation is incomplete, the procedure may be postponed.

To Purchase: **PrepKit Orange + Hydralyte tablets**. This can be purchased from the chemist – no script required. Both can be made up prior to taking and chilled, if desired.

Medications: Generally, all medications can be taken before the procedure, including on the day of the procedure with a small amount of water. If you take **Insulin, Warfarin/Coumadin, Clopidogrel (Plavix) or blood thinning medication**, please discuss with your GP/Gastroenterologist 2 weeks before the procedure. Cease **Iron tablets** at least 1 week before the procedure.

Bowel Preparation

2-3 Days Prior (Sunday-Mon): **Low** residue diet, please avoid foods with nuts and grains

Day before (Monday):

Have a light breakfast and Lunch. After Lunch (latest would be 2:30pm), no solid food, milk, milk products or congee can be taken.

Clear Fluids ONLY for the rest of the day. This can include: *water, clear fruit juice, black tea/coffee (no milk), clear sports drinks (no blue/red), cordials (no red/blue/purple), plain jellies, clear soups/broths*

4 PM – Drink 1x dissolved **Hydralyte** tablet in 200ml water

PrepKit Orange Instructions:

6 PM – Add 1 **PICOPREP** sachet into 250ml Water, followed by 2 glasses of clear fluid

7 PM – Drink 1x dissolved **Hydralyte** tablet in 200ml water

8 PM – Add **GLYCOPREP** sachet into 1L of water

Day of procedure (Tuesday):

- **7AM** – Add 2nd **PICOPREP** sachet into 250ml water, follow by 2 glasses of clear fluid
- Take regular medications with a sip of water but NO blood thinners
- Nothing at all by mouth 4 hours prior to admission / NO chewing gum
- Please arrive at your schedule time (note this is not the procedure time)
- All procedures are performed under a sedation/light anaesthetic. You will not be able to drive home after the procedure due to anaesthetic. Please arrange transport home.

A nurse will be in contact with you 2 days prior to admission date with your time and further instructions.

If you have any queries please do not hesitate to contact the day surgery on (02) 90012000