

## PREPARATION FOR COLONOSCOPY : COLOCAPS

### MORNING PROCEDURE

In order to ensure the best possible outcome with respect to your colonoscopy, it is essential that the large bowel is completely clear of waste material. If the bowel is not clear, the test may have to be repeated. It will be necessary to modify your diet for a couple of days prior to colonoscopy and to take a special mixture prior to your procedure.

**Iron tablets should be stopped 7 days prior to the procedure. If you are taking Plavix, Iscover or Warfarin or if you are a Diabetic, please ensure you advise our rooms at least 7 days prior to the procedure day.**

If you feel you have a health problem which will affect your ability to follow the directions, please contact my rooms (Ph: 07 5591 4455).

**The regimen for your preparation is as follows:**

DAY	AVOID	ALLOWED
<b>Day 1</b> <b>2 days before your procedure</b>  <hr/>	<b>High fibre/high residue foods:</b> <ul style="list-style-type: none"> <li>○ Most breakfast cereals</li> <li>○ Non-white bread (rye, wholemeal, multigrain)</li> <li>○ Grains &amp; legumes</li> <li>○ Nuts &amp; Seeds</li> <li>○ Salads</li> <li>○ Uncooked fruit and vegetables</li> <li>○ Green vegetables</li> <li>○ Red meat</li> </ul>	<ul style="list-style-type: none"> <li>○ White bread (no added fibre)</li> <li>○ White flour products</li> <li>○ White rice</li> <li>○ Rice Bubbles &amp; Cornflakes</li> <li>○ Dairy products – milk, cheese – up to 2 cups</li> <li>○ Fish, eggs and chicken</li> <li>○ Peeled and mashed potato or pumpkin</li> <li>○ Peeled stewed fruit</li> </ul>
<b>Day 2</b> <b>1 day before your procedure</b>  <hr/>	<b>After breakfast :</b> <ul style="list-style-type: none"> <li>○ NO solid food</li> <li>○ NO Red, green or purple jelly or cordial</li> <li>○ NO Dark grape juice or blackcurrant juice</li> </ul>	<b>A light breakfast such as tea and toast, then:</b> <ul style="list-style-type: none"> <li>○ 2 glasses of <u>strained</u> fruit juice for the day</li> <li>○ Clear fruit juice such as apple (not cloudy)</li> <li>○ Tea or coffee with a <u>small amount of milk</u></li> <li>○ Orange or yellow jelly and cordial</li> <li>○ Lemonade or soft drinks (not red or green)</li> <li>○ Clear soup or fluids</li> <li>○ 100 g tub of plain yoghurt</li> <li>○ 1 small scoop of vanilla icecream</li> </ul> <p style="text-align: right;"><b>UP UNTIL 2:30 PM</b></p>

**YOUR PREPARATION IS: 1 sachet of Picolax and a bottle of Colocaps capsules, and the instructions are:**

**On DAY 2, at 2:30 pm** Take 1 sachet of Picolax, as per packet instructions  
**at 3:30 pm** Swallow 5 Colocaps capsules with 350 mls of water or other colourless, non-alcoholic drink  
**at 4:00 pm, 4:30 pm, 5:00 pm, 5:30 pm, 6:00 pm and 6:30 pm**  
 Take 10 Colocaps capsules with 350 mls of fluid, each time

**Consume another 3 glasses of water before bed**

<b>Day 3</b> <b>The procedure day</b>  <hr/>	<b>NO SOLID FOOD</b>	<b>WATER ONLY UP UNTIL 2 HOURS BEFORE YOUR ARRIVAL TIME</b>  <b>NIL BY MOUTH FROM _____</b>
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#### Helpful Hints

1. Suck a peppermint between each glass of ColonLYTELY
2. Apply a protective cream e.g. lanolin to your bottom to reduce scalding
3. You may add **DIET** lemon cordial to the preparation
4. Wear loose, casual clothing when you come along for the colonoscopy

**If you have any queries, please call our rooms and the staff will be happy to assist you**

**Ph: 07 5591 4455**

**Mon – Thurs 08:30 am – 4:00 pm**

**Friday 08:30 am – 2:00 pm**