



PREPARATION FOR COLONOSCOPY - 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 procedure 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 5 days prior to the procedure. If you are taking any medication to thin the blood other than Aspirin 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.

The regimen for your preparation is as follows:

Table with 3 columns: DAY, AVOID, ALLOWED. Rows for Day 1 (2 days before procedure) and Day 2 (1 day before procedure).

YOUR PREPARATION IS: 2 sachets of Picolax and 2 sachets of ColonLYTELY, and the instructions are: On DAY 2, Between 4:00 & 6.00pm Take 1 sachet of Picolax, as per packet instructions + 1 extra glass of water. 1 Hour later Dissolve 1 sachet of ColonLYTELY in 1 litre of water and drink over the next hour i.e. 1 x 250 ml glass every 15 minutes. Refrigerate the mixture if you prefer. 1 Hour after finishing the ColonLYTELY take the second sachet of Picolax as per the packet instructions. Consume another 2 glasses of water before bed.

Table with 3 columns: Day 3 instructions, AVOID instructions, ALLOWED instructions.

Table with 2 columns: Helpful Hints (1. Suck a peppermint or lemon after each glass of ColonLYTELY, 2. Apply a protective cream e.g. lanolin to your bottom to reduce scalding, 3. Wear loose, casual clothing and flat shoes when you come along for the colonoscopy.) and Contact information (If you have any queries, please call our rooms and the staff will be happy to assist you. Ph: 07 5591 4455. Mon - Friday 0830 to 1600).