

DR WALED MOHSEN

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:

DAY	AVOID	ALLOWED
Day 1 2 days before your procedure <hr/>	High fibre/high residue foods: <ul style="list-style-type: none"> ○ Most breakfast cereals ○ Non-white bread (rye, wholemeal, multigrain) ○ Grains & legumes ○ Nuts & Seeds ○ Salads ○ Uncooked fruit and vegetables ○ Green vegetables ○ Red meat 	<ul style="list-style-type: none"> ○ White bread (no added fibre) ○ White flour products ○ White rice and white pasta ○ Rice Bubbles & Cornflakes ○ Dairy products – milk, cheese – up to 2 cups ○ White fish, eggs and chicken ○ Peeled and mashed potato or pumpkin ○ Peeled stewed fruit
Day 2 1 day before your procedure <hr/>	After breakfast : <ul style="list-style-type: none"> ○ NO solid food ○ NO Red, green or purple jelly or cordial ○ NO Dark grape juice or blackcurrant juice 	A light breakfast such as tea, eggs and toast, then: <ul style="list-style-type: none"> ○ Clear fruit juice such as apple (not cloudy), pear or pineapple – no pulp ○ Tea or coffee with a <u>small amount of milk</u> ○ Orange or yellow jelly and cordial ○ Lemonade or soft drinks (not red or green) ○ Clear soup or fluids ○ 100 g tub of plain low-fat yoghurt ○ 1 small scoop of vanilla ice-cream UP UNTIL 4.00 PM

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.

Day 3 Sorry, you will need to take more preparation early in the morning! Taking preparation up to 3 hours before your appointment time has been shown to result in a much cleaner bowel and this is very important.	As per the night before, take 1 litre of colonLYTELY over 1 hour, i.e. 250mls every 15 minutes, commencing 3 hours before your appointment time. As your time of arrival at the procedure centre is _____ commence the ColonLYTELY at _____	YOU MAY DRINK WATER ONLY UP TO _____ (2 hours before procedure time) NOTHING past your lips after this time
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Helpful Hints <ol style="list-style-type: none"> 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. 	<p align="center"> 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 </p>
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