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## INSTRUCTION SHEET FOR COLONOSCOPY MORNING - PICOLAX / PICOSALAX (3 SACHET DOSES)

ADMISSION TIME IS BOOKED FOR THE **MORNING** OF: ..... / ..... / ..... AT .....

**Colonoscopy involves a comprehensive examination of the large bowel. This procedure necessitates that the bowel is thoroughly clear for the exam. To achieve this you need to follow the instructions below.**

### APPROVED CLEAR FLUIDS (at least 50% of fluids should be water):

- Water
- Clear soup / broth
- Gastrolyte
- Black tea / herbal
- Icy poles (avoid red)
- Apple juice
- Bonox
- Lucozade
- Black coffee
- Sports drinks (eg. Powerade or Gatorade - avoid red)
- Jelly (avoid red)
- Schweppes Lime Cordial
- Hydralyte
- Beef or chicken stock in water

**FASTING MEANS:** Nothing more to be taken by mouth until after your procedure.

### LOW RESIDUE WHITE DIET:

#### FOODS TO INCLUDE:

- White bread, refined pasta, cereals and white rice
- Peeled potato, sweet potato, pumpkin and carrot
- Tender, ground and well-cooked meat, fish, eggs and poultry
- Milk and yoghurt (limited to 2 cups per day), mild cheese, ricotta, cottage cheese
- Butter, mayonnaise, vegetable oils, margarine, plain gravies and dressings
- Broth and strained soups from allowed foods
- Pulp-free, strained or clear juices.

#### FOODS TO AVOID:

- Whole grain breads and pastas, corn bread or muffins, products made with whole grain products or bran
- Strong cheeses, yoghurt containing fruit skins or seeds
- Raw vegetables
- Tough meat, meat with gristle
- Crunchy peanut butter
- Millet, buckwheat, flax, oatmeal
- Dried beans, peas and legumes
- Dried fruits, berries other fruits with skin or seeds
- Chocolate with cocoa powder (white chocolate has no fibre)
- Food containing whole coconut
- Juice with pulp
- Highly spiced food and dressing, pepper, hot sauces
- Popcorn
- Nuts and seeds

**MORNING PREP INSTRUCTION:****THREE (3) DAYS BEFORE EXAMINATION:**

Start eating a LOW RESIDUE WHITE DIET. Foods listed on previous page.

**TWO (2) DAYS BEFORE EXAMINATION:**

Continue the LOW RESIDUE WHITE DIET.

**ONE (1) DAY BEFORE THE EXAMINATION MORNING:**

Follow the LOW RESIDUE WHITE DIET for BREAKFAST then cease eating any solid food, consume APPROVED CLEAR FLUIDS ONLY – water, apple juice, jelly (avoid red), Schweppes lime cordial, black tea/herbal/black coffee, Gastrolyte, Lucozade, clear soup/broth, Bonox, beef or chicken stock in water, sports drinks (avoid red, purple). Clear lemonade icy poles or lemon sorbet/barley sugar.

- You may drink **CLEAR FLUIDS** up to 5 hours before your procedure. **THEN FAST.**

**MID AFTERNOON- 3-3:30PM: FIRST DOSE:**

- Mix a sachet of PICOLAX / PICOSALAX in a glass of water (250 mls), stir until dissolved then drink.
- Drink 2 glasses of water, 1 glass of clear fluid plus 1 glass of Hydralyte after drinking the Picolax/Picosalax (over the next hour).
- Tick as you finish each glass:  
1  GLASS OF WATER   2  GLASS OF HYDRALYTE   3  GLASS OF WATER   4  GLASS OF CLEAR FLUID

**EVENING- 5:30PM: SECOND DOSE**

- Mix a sachet of PICOLAX / PICOSALAX in a glass of water (250 mls), stir until dissolved then drink.
- Drink 2 glasses of water, 1 glass of clear fluid plus 1 glass of Hydralyte after drinking the Picolax/Picosalax (over the next hour).
- Tick as you finish each glass:  
1  GLASS OF WATER   2  GLASS OF HYDRALYTE   3  GLASS OF WATER   4  GLASS OF CLEAR FLUID

**EVENING- 7-7:30PM: THIRD DOSE**

- Mix another sachet of PICOLAX / PICOSALAX in a glass of water (250 mls) and stir until dissolved then drink.
- Drink 2 glasses of water, 1 glass of clear fluid plus 1 glass of Hydralyte after drinking the Picolax/Picosalax (over the next hour).
- Tick as you finish each glass:  
1  GLASS OF WATER   2  GLASS OF HYDRALYTE   3  GLASS OF WATER   4  GLASS OF CLEAR FLUID

YOU MAY DRINK **CLEAR FLUIDS** UP TO 5 HOURS BEFORE YOUR PROCEDURE. **THEN FAST.**

**MEDICATIONS:**

***Please bring your current medications with you to the hospital.***

Your usual medications should be taken with a small sip of water on the day of the tests (even though you are fasting). Please advise us if you are taking **WARFARIN**.

**DIABETIC PATIENTS:**

Please advise the office when booking if you are a diabetic. Do not take your diabetic medications ie: ***Hypoglycaemic tablets and Insulin*** without discussing with your doctor. Hospital and nurses cannot advise medication.

**ORAL CONTRACEPTIVES:**

These may not be effective after bowel preparation, take extra precautions for the rest of the month.

**CLOTHING:**

Have a short sleeve top or T-Shirt to wear for the procedure. Please leave your jewellery and extra cash at home

**TRANSPORT:**

You will need to arrange for a relative or friend to drive you home and look after you when you go home. Taxi drivers are unable to accept responsibility for your care on discharge from the hospital. **DO NOT** drive a car, motorcycle or operate machinery until after sunrise the following day

**ACCOUNTS:**

Please bring your Medicare card/Private Health Insurance details with you.

**IF YOU ARE HAVING ANY DIFFICULTY WITH THE BOWEL PREPARATION - PLEASE PHONE THE HOSPITAL WHERE YOUR PROCEDURE HAS BEEN BOOKED.**