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**INSTRUCTION SHEET FOR COLONOSCOPY: PREPARATION – DULCOLAX PROTOCOL (10 TABLETS)**

**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

## DULCOLAX PREP INSTRUCTIONS:

### THREE (3) DAYS BEFORE THE EXAMINATION

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

### TWO (2) DAYS BEFORE THE EXAMINATION

- CONTINUE THE LOW RESIDUE WHITE DIET WITH PLENTY OF FLUIDS
- **Take 1 Dulcolax tablet in the morning and 1 Dulcolax tablet in the evening.**

### ONE DAY BEFORE THE EXAMINATION

Clear fluids only today, 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.

- **Take 2 Dulcolax tablets in the morning.** Drink 2 glasses of water, 1 glass of clear fluid plus 1 glass of Hydralyte after taking Dulcolax tablets (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
- **Take 2 Dulcolax tablets at midday.** Drink 2 glasses of water, 1 glass of clear fluid plus 1 glass of Hydralyte after taking Dulcolax tablets (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
- **Take 2 Dulcolax tablets mid-afternoon.** Drink 2 glasses of water, 1 glass of clear fluid plus 1 glass of Hydralyte after taking Dulcolax tablets (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
- **Take 2 Dulcolax tablets in the evening.** Drink 2 glasses of water, 1 glass of clear fluid plus 1 glass of Hydralyte after taking Dulcolax tablets (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

After this drink continue with clear fluids

### ON THE DAY OF THE EXAMINATION

IF YOUR PROCEDURE IS IN THE MORNING:

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

IF YOUR PROCEDURE IS IN THE AFTERNOON: (AFTER 1:30PM)

- 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.**