

Bowel Preparation for a Morning Colonoscopy with Prepkit Orange

It is **very important** to prepare the bowel well before the colonoscopy. This involves changing your diet and drinking special liquid laxatives to clear the bowel entirely of its contents. If your bowel preparation is inadequate, the procedure is **less safe, less accurate and may have to be repeated** at another time. Please read the following instructions very carefully.

Now : Get ready

- Complete and hand in your paperwork to the hospital and ask where and when to present on the day of the colonoscopy. Keep this instruction sheet.
- Purchase “**Prepkit Orange**” from your local pharmacy. No script is required. The cost is about \$35. *Ignore* the instructions inside the box.
- Arrange for someone to take you home from the hospital. You will be unable to drive or catch a taxi home after the colonoscopy.
- If you take *insulin, diabetic medications, clopidogrel, warfarin, dabigatran (Pradaxa), rivaroxaban (Xarelto) or apixaban (Eliquis)* or any other blood thinners, discuss with Dr Scott how to manage these medications around the time of your colonoscopy. You should continue to take aspirin.

3 days before : Change your Diet

- Have a low residue diet (see “Approved Foods” on the other side of this sheet)
- Stop iron tablets
- ***Do you require extra bowel preparation?***
 - You do if you have any of the following: history of constipation, poor results from previous bowel preparation, diabetes, previous bowel resection, weight greater than 100kg, regular use of strong painkillers (oxycodone (eg Targin, Endone) and other morphine like medications), or tricyclic antidepressants (eg Endep, Tryptanol).
 - If you require extra bowel preparation: Commence bisacodyl 5mg twice a day for 3 days before the procedure (no script required). Continue to take all your normal laxatives and try to keep the bowels as regular as possible. Treating constipation well at this stage improves the chance of a successful bowel preparation. Consider also adding one sachet of Movicol twice a day (no script required).

1 day before : Prepare the Bowel

- Have a light breakfast and lunch from the approved foods list (finish by 1pm).
- After that, drink only approved clear fluids (see “Approved Clear Fluids” on the other side of this sheet, with any liquid)
- Keep taking all your regular medications (unless advised by the doctor)
- Make up the PicoPrep by adding each small sachet to one full glass (250mls) of warm water (ie two glasses of liquid). Make up the GlycoPrep by adding the large sachet to 1 litre of water. Place all the liquid (2 X 250ml and 1 X 1litre) in a fridge.
- At 3pm drink the first glass of PicoPrep followed by 3 full glasses of water or “Approved Fluid”.
- At 6pm drink the 1litre of GlycoPrep over one hour. *Tip* : GlycoPrep doesn’t taste great but it can be made more tolerable by drinking it chilled, from a small cup, using a straw, adding lemon juice or sucking on a small piece of lemon.

- Diarrhoea will begin 1-3 hours after the first glass and should be finished by midnight.
- It is **very important** to drink plenty of fluid this day **other than** the PicoPrep. The water in PicoPrep does not get absorbed by the body and will actually make you dehydrated. You **must** drink other fluids to maintain your hydration. Oral electrolyte solutions are the best (eg ORS, Gastrolyte, Hydralyte) but any “Approved Fluid” will do.
- Some people feeling nauseous or sick while taking the bowel preparation. If this happens, sip the bowel preparation more slowly and consider taking metoclopramide (Maxolon, Pramin)(script required).

Day of the colonoscopy

- Wake up early 4½ hours before you have been told to present to the hospital. Immediately drink the final glass of PicoPrep followed by 3 glasses of water or “Approved Fluid”. You must take this final dose even if the hospital tells you to have “nothing to eat or drink from midnight”.
- Have nothing to eat or drink at all (including water) within 4 hours of your admission time.
- Have your regular morning medications with a sip of water (unless advised by Dr Scott)
- Present to the hospital according to the instructions you received when booking the procedure.

Approved Foods

Boiled or poached eggs
Cottage cheese, mayonnaise
Low fibre white bread, English muffins
Corn flakes, Rice bubbles
Low fat plain yoghurt, cheese, white sauces,
sour cream, butter, margarine, oil
Plain ice cream, custard, meringue
Vegemite, honey, lemon butter, cheese
spread, fish and meat paste
Lean beef/pork/lamb/veal/fish/chicken
White pasta, white rice, white flour
Vegetables or fruit without seeds, skin, peel,
pulp or pips
Salt and pepper
Any fluid

Do NOT eat:

Brown bread, grains
Strawberries, passionfruit, citrus fruit,
grapes, tomato, capsicum, peas, corn,
onions, coconut
Dried fruit, nuts, sultanas, raisins
Oats, porridge, muesli, muesli bars, Weet
Bix
Peanut butter, mustard, relish
Legumes, baked beans, kidney beans,
lentils, split peas

*Anything with seeds, skin, peel, pulp or
pips in it.*

Approved Clear Fluids

Water
Clear salty fluids (e.g. strained chicken noodle soup, Bonox, clear broth/bouillon)
Clear strained fruit juices (apple, blackcurrant, pear, grape, cranberry, strained orange)
Plain jelly
Black tea or coffee (no milk)
Sports drinks eg Powerade, Gatorade, Lucozade, Gastrolyte or other oral rehydration solutions
Clear fruit cordials (clear lemon/lime - no red or purple colourings)
Barley sugar lollies may also be sucked.
*Alcoholic drinks are **NOT** approved clear fluids*