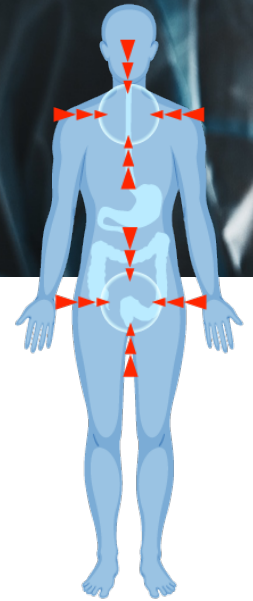




Patient Information

# BOWEL PREPARATION



Please read these instructions **at least one week prior** to your planned colonoscopy, to allow plenty of time to prepare. Don't leave it to the last minute! It is important to review the medications that you will need to cease prior to your colonoscopy well in advance. Further information about medications to stop prior to colonoscopy can be found in the Endoscopy Information Sheet. Detailed information about bowel preparation and dietary changes required can be found at [www.bowelprep.au](http://www.bowelprep.au). Go to the pharmacist well ahead of time to purchase your bowel preparation (preferably Glycoprep Orange) several days in advance.

## Two days before your procedure

Start taking a low fibre diet. This diet aims to reduce the amount of non-digested food (fibre) that passes through the large intestine. This will make bowel preparation more effective and make your colonoscopy easier and safer.

A low fibre diet includes the following foods:	Foods to avoid include:
<ul style="list-style-type: none"> <li>▪ All milk, plain yoghurt and cheese</li> <li>▪ Plain white bread</li> <li>▪ Low fibre cereals such as Corn Flakes and Rice Bubbles</li> <li>▪ White rice</li> <li>▪ Plain pasta</li> <li>▪ Peeled pumpkin and potato</li> <li>▪ Lean red meat and chicken</li> <li>▪ Sausages</li> <li>▪ Water, tea, coffee, clear fruit juice</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fruit and vegetable skins and seeds</li> <li>▪ All nuts</li> <li>▪ Brown rice and wholemeal pasta</li> <li>▪ Muesli, oats and granola</li> <li>▪ Fruit juice with pulp</li> </ul>

Please refer to the detailed list of foods to take and sample menus at [www.bowelprep.au](http://www.bowelprep.au)

## One day before your procedure

On the day prior to your colonoscopy, please take only clear fluids. This includes water, fruit juices with no pulp, black tea or coffee, sports drinks (such as Gatorade) and clear broth. You can have a light breakfast, but only clear fluids following this.

The recommended bowel preparation by Dr. Rowcroft is Glycoprep Orange, which can be purchased over the counter at your local pharmacist. You should purchase this medication a few days prior to your colonoscopy so that it is ready to use. Please read the instructions prior to using bowel preparation. Tolerance of bowel prep is often better if it is chilled- you can make up the bowel prep at room temperature ahead of time and then store it in the fridge. If made up correctly you will have 3 one litre containers of bowel prep.

At 5pm on the day before your procedure, take the first litre of bowel prep. You should drink this approximately one cup (250mL) every 15 minutes, slowing down the rate of drinking if you are feeling nauseated. Continue to take clear fluids at the rate of one glass per hour, to prevent dehydration.

At 7pm take the second litre of bowel preparation, in the same manner as the first. Remember to keep your fluid intake up during this time.

## The day of your procedure (morning colonoscopy)

At 5am take the final litre of bowel preparation. Take approved medications with a sip of water. Do not take any solid food on the day of your colonoscopy. You should not take anything orally (including bowel prep) after 6am for a morning procedure.

## The day of your procedure (afternoon colonoscopy)

At 7am take the final litre of bowel preparation. Take approved medications with a sip of water. Do not take any solid food on the day of your colonoscopy. You should not take anything orally (including bowel prep) after 10am for an afternoon procedure.

Colonoscopy is similarly safe. The specific risks for colonoscopy are:

- **Bleeding.** There is a 1% risk of bleeding after removal of polyps, which usually occurs within 1 to 2 days of the procedure. This bleeding usually settles without the need for further intervention, but if severe can require a blood transfusion or another colonoscopy.
- **Perforation of the colon (2-3/1000).** This is a serious complication that is often detected before you leave hospital, and usually requires emergency surgery to fix.
- **Missed lesions.** This relates to any small polyps that are missed that can later grow into cancers. The most common cause of this is poor bowel preparation.