



## Preparation for Colonoscopy

Morning (AM) appointment

### What you need to know

- ColonLYTELY

## Day 4 - The day before your test

### Morning

#### Clear fluids only all day.

Clear fluids only as you cannot eat any more solid food until after your colonoscopy.

- clear or strained soup
  - jelly (green or yellow only)
  - water or strained fruit juice
  - black tea / coffee herbal tea or soft drink.
- Mix up each sachet of ColonLYTELY in 1 litre of water for a total of 4 litres. Keep in a cool place.

#### 5.00pm Begin drinking 3 litres of the ColonLYTELY solution at the rate of 1 litre/hour.

This will produce watery diarrhoea within an hour.

You should have finished drinking this by 8.30pm and the diarrhoea will settle around 10.30pm. From now until you have to fast you should drink one glass of water every hour until you go to bed.

Your bowel motion should be clear (or look like urine) and free of particles.

## Day 5 - Day of Colonoscopy

#### 4.15am Begin drinking 1 litre ColonLYTELY solution over three quarters of an hour. You should finish drinking this by 5.00am.

Your bowel motion should be clear (or look like urine) and free of particles.

#### 5.00am Nil by mouth until after your procedure

### Some helpful hints

- Add diet lemon cordial to the ColonLYTELY®
- Drink the solution through a straw, suck some barley sugar or butterscotch between drinks
- Apply protective cream, e.g. Lanoline around your anal area to reduce excoriation (when the anal area becomes very sore from diarrhoea)
- Keep warm
- If you feel nauseated while taking the preparation stop for half an hour. Have a hot drink and walk around. Resume drinking and continue as before
- If you feel bloated, try walking around, suck some peppermints / drink peppermint tea
- If you become ill and have severe pain seek medical advice from your GP or nearest Emergency Medical Centre
- If you have haemorrhoids (piles) use your haemorrhoid cream to reduce discomfort
- Please note that a very clean bowel can only be achieved by drinking all the preparation
- If you feel your bowel motion is not clear enough please contact the Nambour Procedural Suites on 5370 3864



Partnering with Consumers - Standard 2  
Consumers and/or carers provided feedback on this patient information.



Provision of care - Standard 12  
To ensure high quality care is delivered to consumers/patients throughout the care continuum.



## Why?

For a successful colonoscopy it is very important that the bowel be cleaned well. This will enable the doctor to clearly see the lining of the bowel.

Poor preparation may mean that the procedure will have to be stopped and you will have to repeat the procedure on another day.

## What do I need?

Bowel Prep Pack containing:

- 4 Sachets ColonLYTELY

## What do I need to do?

Follow a low fibre diet for three days. This reduces the fibre in your bowel, which makes it easier when you start the two day bowel-cleansing regime.

Cease iron tablets/multivitamins 10 days prior to your procedure.

Day 1-3 :: Follow low fibre diet

Day 4 :: Start the bowel preparation

Day 5 :: Day of procedure

The bowel cleansing preparation causes you to have watery bowel motions over a short period of time.

## When?

Commence the low fibre diet four days before the day of your scheduled procedure.

## Day 1 - 3 Low fibre diet

Start the low fibre diet. We have provided a list of foods to assist you in this process. Eat the foods from the 'choose' list below.

### ✓ Breads and cereals Choose:

Plain white bread/toast, plain muffins, plain bread rolls, crumpets, plain croissants, refined breakfast cereals: semolina, Cornflakes, Rice Bubbles etc, plain cakes and biscuits, plain pancakes/pikelets, white rice, white pasta, couscous, polenta, pita bread, bagels.

### ✗ Avoid:

Wholemeal/brown/rye bread, multi-grain bread and muffins, wholegrain cereals e.g. bran, Weetbix, Vita Brits, cakes and biscuits containing nuts and dried fruit, brown rice and pasta, unprocessed bran, rolled oats, porridge, muesli, brown crumpets, muffins with fruit, wholemeal flour and oatmeal.



Note: Please increase water intake during this period.

## Fruit and vegetables

You will need to remove the skins and seeds from these fruit and vegetables.

### ✓ Choose:

Potato without skin, pumpkin without skin, marrow/squash, choko, avocado, mushrooms,ripe banana, apple with no skin, peach with no skin, pears, pawpaw, rockmelon, watermelon, canned peaches, apples, apricots and pears.

### ✗ Avoid:

All other fruit and vegetables, including salad vegetables.

## Meat and other protein foods

### ✓ Choose:

Beef, veal, lamb, eggs, pork, poultry, fish and shellfish.

### ✗ Avoid:

Baked beans, casseroles, lentils, legumes, rissoles, stir fry meals, nuts and seeds, pizza.

## Drinks

### ✓ Choose:

Water, tea, coffee, plain milk drinks, soft drinks, cordial, strained fruit juices, clear soups, milo or ovaltine, white wine.

### ✗ Avoid:

Unstrained fruit juices, red and green coloured drinks.

## Other foods

### ✓ Choose:

Plain lollies, clear jellies (not red), sugar, chocolate, honey, jelly strained jams, vegemite.

### ✗ Avoid:

Jams with skins and seeds, peanut paste/butter, dried fruits/nuts, marmalade.