

# Preparation for Colonoscopy

## MORNING PROCEDURE

(Split-dose ColonLYTELY)

It is essential for the large bowel to be completely clean for the examination to be accurate and complete. If the bowel is not clear, the procedure may need to be repeated as the examination may not be accurate. The bowel prep requires the purchase of 4 sachets of ColonLYTELY to give you the best chance of good bowel cleaning with the minimum of difficulty.

1. ColonLYTELY (4 sachets) - This can be prepared a few hours earlier by dissolving 1 sachet of powder in 1 litre jug of water and chilled in fridge to improve taste.

### 1 day before procedure

BREAKFAST – you can choose from these types of options –

- Cornflakes with skim or reduced fat milk; Poached egg;  
White bread or toast without crust; cracker with jam, honey or Vegemite;
- Tea or Coffee with skim or reduced fat milk

FAST FROM ALL SOLID FOOD AFTER 10 AM

From 10 AM on, you can have clear fluids only - see the following types of non-solid foods

- Black tea or coffee
- Clear fruit juice or cordials (e.g. apple juice)
- Clear soup (i.e. without solid particles in it)
- Energy or sports drinks - avoid the brightly coloured ones
- Jelly (except red)
- Carbonated drinks such as coke or lemonade
- Hard boiled lollies e.g. barley sugars.

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| 4.00 PM | Drink the ONE litre of ColonLYTELY solution over an hour.<br>This should be taken one glass (250 ml) every 10-15 minutes. |
| 6.00 PM | Drink the ONE litre of ColonLYTELY solution over an hour.<br>This should be taken one glass (250 ml) every 10-15 minutes. |
| 8.00 PM | Drink the ONE litre of ColonLYTELY solution over an hour.<br>This should be taken one glass (250 ml) every 10-15 minutes. |

### DAY OF PROCEDURE

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| 4.00 – 5.00 AM | Drink the ONE litre of ColonLYTELY solution over an hour.<br>This should be taken one glass (250 ml) every 10-15 minutes. |
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It is essential that you must complete your bowel prep by the time stated and start fasting from all liquids as soon as you have completed the last litre of the preparation. You can take your usual tablets with water before the fasting starts.